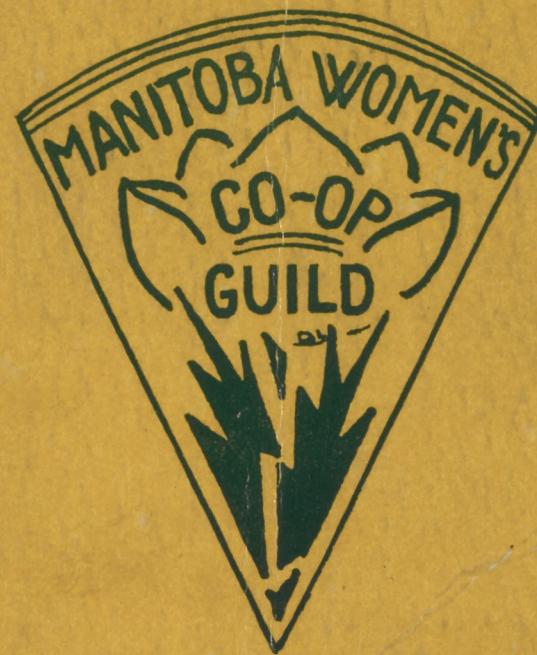


For
TASTE-FULL
Living



OUR CREED

FOR OURSELVES

Freedom and growth of character

FOR OUR CHILDREN

A higher social order — economic
opportunities and security

FOR THE WORLD

Peace among nations and a
common goal — the welfare of mankind

103

Greetings:

Creativeness finds expression in countless forms — a chord of harmony, a phrase, a delicate tint, an unusual style, a newly developed grain, a solution to a situation, a child's imaginative play. But the creation that satisfies is the good, the constructive, the beautiful and the immortal.

This publication comes to you with recipes for dishes and delicacies that challenge the creative talent of the meal-maker. To take common and often colorless ingredients and make of them a flavorful, attractive and tempting whole is no mean work of art. She who does this is no drudge; in her own right she is an architect — a builder — measuring and blending, and satisfying the needs of those dependent upon her for nutritious, appealing meals.

But our publication includes something else — a chapter from the story of Manitoba Co-operators. It is part of the longer story of the creation of a new way of life for mankind. Its achievement is based on a tried and proven recipe for the establishment of greater good-will and brotherhood among men. The ingredients — honest desire, dreams, hope, faith, hard work, sacrifice, loyalty and love combine to bring to man a daily bread that satisfies not only the needs of the body but also the desires of a social being, and fills him with the joy of serving others as well as himself.

It is the hope of the hard working Recipe Book Committee, and indeed of all Guildswomen, that this book offers not only ideas for food for the body but also food for thought, and a challenge to assist in the creation of a society that is wholesome, satisfying and dedicated to the growth of mankind—physically, mentally and spiritually.

Sincerely,

Helen Sisson.

FOR SUCCESS AND SURVIVAL . . .

Men Need Good Food
. . . Well Prepared

Co-ops Need Good Men
. . . Well Trained

"The natural life of a co-operative without an educational program is a generation and a half." — said Peter Manniche, famous Danish Folk School leader.

Manitoba's co-operatives have now existed for about one generation. The next 15 years will tell the tale. Will Manitoba co-operators meet the challenge?

ICI — PART OF THE ANSWER

One proposal to meet the challenge is the International Co-op Institute.

- ICI would provide training courses for co-op employees, combining co-op ideas and technical know-how;
- ICI would provide short courses and conferences for young people, co-op directors, women's guilds, and other interested groups;
- ICI life memberships are \$100, and can be paid in instalments;
- ICI will be governed by a Board of Directors elected by the general membership.

INTERNATIONAL CO-OP INSTITUTE

230 Princess Street, Winnipeg, Manitoba

FOREWORD

There is little to compare with the tantalizing aromas that come out of the kitchen whether it be the warm, savoury odor of a roast, the spicy fragrance of a pumpkin pie, or any of those things requiring a woman's skill in the mixing of staple products to make the delectable foods that come from those working in the culinary field.

The first major project of the Manitoba Women's Co-operative Guild, this book offers something more than recipes. The recipes used by guildswomen from the four corners of the province are worthy of your sampling; but included in this book are tastes of what has been accomplished through co-operative activity. Both are presented in the hope that they may serve to broaden your vision in these two fields of service—the home and the community.

The recipes were provided by guildswomen and their friends in Manitoba. Stories and financial help came from co-operators within the province. They were molded into this book through the painstaking work of

Elva Fletcher, Winnipeg, Co-op Messages

Florence Fehr, Altona, Recipes

Delza Longman, Winnipeg, Illustrations

and others. It is the hope of the committee who worked to make this book possible that you may find it and make it a complementary part of your kitchen.

To all who contributed to make this book a reality, go grateful thanks.

Recipe Book Committee,

Marie Siemens

Elva Fletcher

Florence Fehr

Frances Metcalfe

Marion Gillis

MAKE DO'S

If you don't have this

Baking powder—for each tsp.

Butter—for each cup
for cakes, cookies, etc.
for pastries, cookies

Cornstarch—for 1 tbsp.

Chocolate—1 oz. unsweetened

Eggs—2 or more in cakes

Eggs—in custards, etc.

Flour—1 cup cake flour

Flour—1 cup all-purpose

Sugar—1 cup granulated

Milk—sweet

Milk—sour

Oatmeal—fine

Candied Orange Peel

Whipped Cream

Cake Frosting

Why not make this do

$\frac{1}{2}$ tsp. cream of tartar mixed with
 $\frac{1}{4}$ tsp. baking soda

1 cup shortening, $\frac{1}{2}$ tsp. salt
 $\frac{7}{8}$ cup lard plus 2 tbsp. liquid and
 $\frac{1}{2}$ tsp. salt

2 tbsp. flour

3 tbsp. cocoa plus 1 tbsp. butter

omit 1 egg, use $\frac{1}{2}$ tsp. extra baking
powder, 2 tbsps. extra milk

use 2 tbsps. flour or 1 tbsp. corn
starch for each egg omitted

$\frac{7}{8}$ cup all-purpose flour plus $1\frac{1}{2}$
tbsp. cornstarch

1 cup plus 2 tbsps. cake flour

1 cup honey, add $\frac{1}{4}$ tsp. baking
soda, deduct 3 tbsps. of liquid
 $1\frac{1}{2}$ cups corn syrup, deduct $\frac{1}{4}$ cup
liquid

$1\frac{1}{4}$ cups fruit sugar

$1\frac{1}{2}$ cups brown sugar

evaporated milk and water, equal
amount of each

1 cup sour milk, add $\frac{1}{2}$ tsp. baking
soda, reduce baking powder to 1
tsp. for each cup of flour used

to each cup of sweet milk add $1\frac{1}{2}$
tbsp. lemon juice or 1 tbsp. vinegar

put rolled oats through food chopper

orange marmalade

white of 1 egg, whipped stiff, add
sugar to sweeten and 1 mashed
banana

mixture of sugar and cinnamon
sprinkled on cake before baking

KITCHENWISE

| | | |
|-------------------------|--------------------------|-------------------------------|
| 1 saltspoon | = $\frac{1}{2}$ teaspoon | 12 tbsps. = $\frac{3}{4}$ cup |
| 3 teaspoons | = 1 tbsp. | 14 tbsps. = $\frac{7}{8}$ cup |
| 4 tbsps. | = $\frac{1}{4}$ cup | 16 tbsps. = 1 cup |
| 5 $\frac{1}{3}$ tbsps. | = $\frac{1}{3}$ cup | 2 cups = 1 pint |
| 8 tbsps. | = $\frac{1}{2}$ cup | 2 pints = 1 quart |
| 10 $\frac{2}{3}$ tbsps. | = $\frac{2}{3}$ cup | 4 quarts = 1 gallon |

Butter size of egg = $\frac{1}{4}$ cup
Butter 1 cup solid or melted = 8 ounces
Shortening 1 cup solid or melted = 8 ounces
Lard 1 cup solid or melted = 8 ounces

Sugar granulated 1 lb. = 2 cups
Sugar powdered 1 lb. = $2\frac{3}{4}$ cups
Sugar brown 1 lb. = $2\frac{1}{2}$ cups, firmly packed
Sugar icing 1 lb. = $3\frac{1}{2}$ cups

Egg 1 cup = 4 to 6 whole
Egg 1 cup = 8 or 9 whites
Eggs 1 cup = 11 or 12 yolks

Flour 1 lb. = 4 cups all-purpose, sifted
Flour 1 lb. = $4\frac{1}{2}$ cups cake or pastry, sifted
Flour 1 lb. = $3\frac{1}{2}$ cups graham
Flour 1 lb. = $3\frac{3}{4}$ cups whole wheat

Rice 1 cup = 3 cups cooked
Cream 1 cup = 2 cups whipped

Cheese 1 lb. = 4 cups, grated

Lemon 1 = 3 tbsps. of juice
Orange 1 = 4 to 5 tbsps. juice

Tbsp. -- Lbs. -- Ozs. -- MFAC

This is an age of abbreviations. Housewives for a long time have used some old standbys in their recipe books—tbsp. for “tablespoon,” lbs. for “pounds,” and so on.

But now the modern housewife—possessor of the vote and a voice through women's organizations—is looking much beyond the Victorian horizon of the kitchen. She has to take part in what used to be called “the man's world.”

Our men-folk have thrown the letters around like a cook making alphabet soup—U.N.—CBC—TCA—and a whole potful of others. But there's one set of initials which each co-operator in Manitoba should know. That's MFAC—standing for “Manitoba Federation of Agriculture and Co-operation.”

As the name implies, it's a double-purpose organization. It acts as the Manitoba section of the Co-operative Union of Canada and as the Manitoba branch of the Canadian Federation of Agriculture. Both these organizations have been formed to do educational work and to present the views of co-operation and farmers to governments and to the public.

Through the two national organizations, the MFAC acts as the Manitoba representative of the International Co-operative Alliance and the International Federation of Agricultural Producers.

About 50,000 Manitobans are affiliated in the MFAC through the following co-ops:

Canadian Co-operative Implements Ltd.

Credit Union League of Manitoba Ltd.

Co-operative Fire & Casualty Insurance Co.

Co-operative Life Insurance Co.

Co-operative Vegetable Oils Ltd.

Manitoba Co-operative Honey Producers Ltd.

Manitoba Co-operative Wholesale Ltd.

Manitoba Dairy & Poultry Co-operative Ltd.

Manitoba Pool Elevators

United Grain Growers Ltd.

Winnipeg District Milk Producers

Co-operative Association

How can the MFAC be of use to women co-operators?

They can use it in two general ways:

- (1) to express their views to other co-operators, to the public and to governments;
- (2) to obtain information and services to assist them in organizing their own activities.

As captains of “consumer teams” in their homes, women should play a prominent part in dealing with consumer co-op problems. Through their co-ops and the MFAC, women can make their voices heard in that noisy “man's world of the market.”

Manitoba Federation of Agriculture and Co-operation

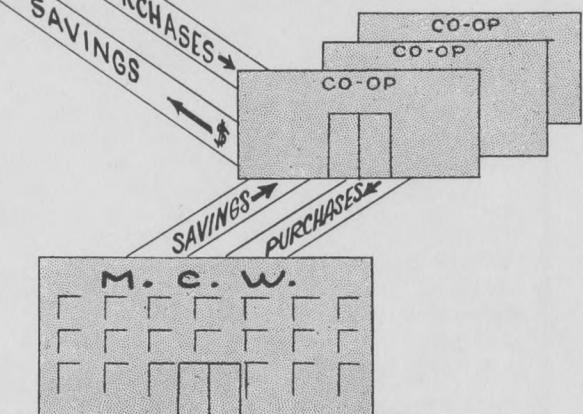
**610 Royal Bank Bldg.,
Winnipeg, Manitoba.**

Here's where too many cooks DON'T spoil the broth!

45,000 MANITOBA PEOPLE own

their 134 Consumer Co-ops

*the Co-ops
own their
Wholesale.*



Grandma had her favorite "home remedies" — chicken broth, sulphur and molasses, mustard plasters. Based on experience, they often worked. Many Manitoba communities have discovered an "old home remedy" that works wonders — it's called "consumer co-operation."

Local co-ops thought the same remedy would work on a provincial scale. It has. Here's the case history:

1927—8 co-ops founded Manitoba Co-operative Wholesale on a total investment of \$1,341;

1942—13,385 local members — MCW sales to locals, \$1,300,000;

1953—\$7,245,000 sales — \$239,000 savings going back to locals;

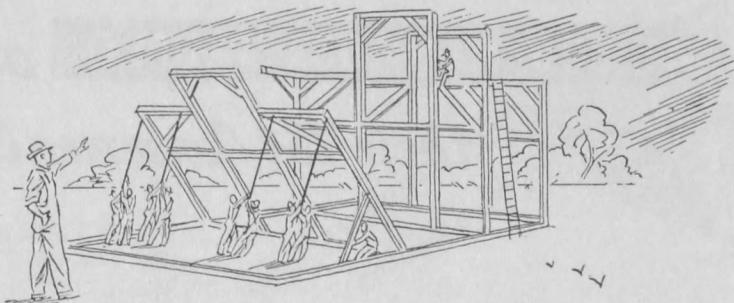
1927-53—\$2,250,000 savings — total cash invested to date, \$3,639; buildings, plant and equipment all paid for out of earnings.

THE ONLY WHOLESALE IN MANITOBA OWNED BY THE
CONSUMERS THEMSELVES

**MANITOBA CO-OPERATIVE
WHOLESALE LIMITED**

230 Princess Street, Winnipeg

TEAMWORK



Working together is a common attribute with farmers. The relatively simple operation of barn raising or the complex undertaking of operating co-operative enterprises are evidence that farmers can and do work together to their mutual advantage.

A team of Manitoba farmers, 33,000 strong, has made it possible for them to own and operate their own country and terminal elevators and provide themselves with grain handling service on a cost basis. These 33,000 farmer-members have learned to their great satisfaction that "Co-operation Pays".



MANITOBA POOL ELEVATORS

Soups



A Recipe For Saving Money And Getting Better Machinery . . .

Take your husband and tell him
to quit groaning about high machinery prices
and to do something about it instead.
Tell him that C.C.I.L. has allocated dividends
of from 14% to 21% each year to its customers
and that he should back the attack on high prices
by buying all his machines from the farmers'
own machinery co-op
and tell your husband too that C.C.I.L. introduced
to the West and manufactures in the farmer's
own factory at Winnipeg the great new line of
tillage machines—

**THE DISKER
THE PLOWER
THE HARROWER
THE FOLDING HARROW DRAWBAR**

**THE CANADIAN CO-OPERATIVE
IMPLEMENTS LIMITED**

CREAM SOUPS

WHITE SAUCE FOR SOUP

Melt

2 to 3 tbsps. butter

Brown in melted butter

1/2 small onion, sliced

1 stalk celery, diced

Remove and rub through a sieve. Add to melted butter and stir in well

2 tbsps. flour

Add

2 cups milk

Stir over direct heat until sauce boils. Add seasonings to taste. Set over hot water, tightly covered, until served.

CREAM OF POTATO SOUP

In 1 tbsp. melted butter cook until tender

1 cup chopped onion

Add

3 cups white sauce

1 tsp. celery salt

1 tsp. salt

pepper to taste

1/4 cup chopped parsley

2 cups cooked potatoes, cubed

Add a thin pat of butter and a dash of paprika to each bowlful.

CREAM OF CARROT SOUP

Cook in a small amount of salted water

2 cups diced carrots

Put through a sieve or add diced carrots to

3 cups white sauce

Include water in which they were cooked. Reheat and season. Garnish with finely chopped chives.

CREAM OF CELERY SOUP

Cook in 2 cups milk for 40 minutes

2 cups finely diced celery

Add

2 cups white sauce

Add celery salt if desired.

CREAM OF CORN SOUP

Cook for 1/2 hour in top of double boiler

2 cups cream-style canned corn

1 cup milk

Add pulp and liquid to

3 cups white sauce

Reheat and season. Garnish with minced parsley or a few grains of popped corn.

USE CO-OP CORN

CREAM OF TOMATO SOUP

Mix together and heat

2 cups cooked tomatoes
bayleaf
6 peppercorns

Rub through a sieve and reheat. Just before serving slowly add

2 cups white sauce
Salt, if desired

It will not curdle if served immediately.

Marie Siemens, Altona

OLD FASHIONED VEGETABLE SOUP

(Meal in itself)

Wash and soak in 2 qts. water overnight

$\frac{1}{2}$ cup dried lima beans
 $\frac{1}{2}$ cup dried peas
2 tbsps. barley
2 tbsps. rice
2 tbsps. kidney beans

In the morning, bring to boiling point, then add

$\frac{1}{2}$ cup celery, diced
2 potatoes, sliced
2 onions, sliced
1 small white turnip, diced
1 cup stewed or canned tomatoes
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Simmer slowly for 2 hours or until done. Add more water as it cooks away. About $\frac{1}{2}$ hour before serving add

ham bone
or frankfurters
seasoning, if necessary

Remove bone before serving. Soup should be quite thick and a meal in itself.

Frances Metcalfe, Winnipeg

CREAMY ONION SOUP

Melt

2 tbsps. butter or margarine

Cook in melted butter until soft but not brown

2 cups onion, sliced thin

Add

1 can cream of chicken soup
2 cups milk
 $\frac{1}{4}$ tsp. salt

Heat, but do not boil. Serve, garnished with toast sprinkled with cheese.

Bernice Silversides, Winnipeg

USE CO-OP MARGARINE

PARSNIP PARSLEY SOUP

Put through a food chopper to make 2 cupfuls

1 large parsnip
2 small parsnips

Add

1 cup boiling water

Cook until tender.

Blend together

2 tbsps. butter, margarine or drippings melted
2 tbsps. flour

Gradually stir in

4 cups milk, heated

Cook until thickened.

Add cooked parsnips and

2 tbsps. finely chopped parsley
seasoning

Reheat and serve.

Six servings.

Frances Metcalfe, Winnipeg

CARROT AND ONION SOUP

Heat in a pan

3 tbsps. butter or cooking oil

Add and simmer for about 5 minutes

1/2 cup chopped onions

Blend in

3 tbsps. flour
1 1/2 tsps. salt

Add

5 cups milk

Cook until thickened stirring constantly.

Add

1 cup cooked, sieved carrots

Let simmer for a few minutes and serve hot.

The onion may be strained from the sauce before adding carrots. At this point the soup may also be transferred to a double boiler.

Harriet Lee, Erickson

CHICKEN NOODLE SOUP

Clean and cut up

5 lb. boiling fowl

Add

1 gal. water
1 tbsp. salt

Cook until tender. About 1/2 hour before cooked add in a spice holder

1 tsp. whole black pepper
1 bay leaf
1/2 tsp. whole allspice
4 pieces star aniseed
1 small root parsley

When cooked add

1 tbsp. butter

Serve with egg noodles.

USE CO-OP FLOUR

EGG NOODLES

Mix

3 eggs
1/4 cup milk
1 tsp. salt

Add

enough flour to make a stiff dough

Cut dough into 3 or 4 pieces. Roll on a floured board very thin and sprinkle with flour. Cut into 1 inch strips, put one on top of another and cut into fine noodles. Cook in rapidly boiling water for 5 minutes, strain and serve in chicken soup.

Agatha Enns, Lowe Farm

STRING BEAN OR CARROT SOUP

From ham or some other smoked meat make
1 qt. soup stock

Add

1 pt. diced carrots
or
1 pt. string beans
or
1/2 pt. string beans
1/2 pt. diced carrots

Cook in soup stock with

1 tbsp. summer savory
sprig parsley
3 or 4 medium potatoes, diced

Add

1/2 cup cream
2 tbsps. butter
salt and pepper to taste

Leona Doerksen, Lowe Farm

SOUP GARNISH

Rings of green onion stems make a lovely garnish for clear soups.

Tiny dumplings in tomato soup are a good addition.

Frances Metcalfe, Winnipeg

USE CO-OP BEANS

HAMBURGER VEGETABLE SOUP

In a 2 quart saucepan melt
2 tbsps. fat
Add and fry until tender
1/2 cup chopped onion
Add and cook until well browned
1/2 lb. hamburger
Add
1 cup tomato juice
1/2 cup diced potatoes
1/2 cup diced carrots
1 tsp. salt

Cover and simmer until vegetables are tender. About 20 minutes.

Mix to form a thin paste
3 tbsps. flour
part of 2 cups milk

Stir into soup and add remaining milk. Stir over low heat until thickened slightly. Season to taste with salt and pepper.

Four servings.

Harriet Lee, Erickson

CHOWDER FOR A CHILLY DAY

Combine in a heavy pan, or pressure cooker
2 cups raw potatoes, diced
3/4 cup onion, minced
1/2 cup celery, diced
2 cups dry split peas
salt
2 1/2 cups boiling water

Cover and simmer for about 45 minutes or in a pressure cooker for not more than 15 minutes.

Thicken with cream sauce made as follows:

Melt in a saucepan
3 tbsps. butter

Stir in
1/4 cup flour
salt
pepper

1 1/2 tsps. meat sauce
2 cups milk
1 cup tomatoes, if desired
1 1/2 cups grated cheese, if desired

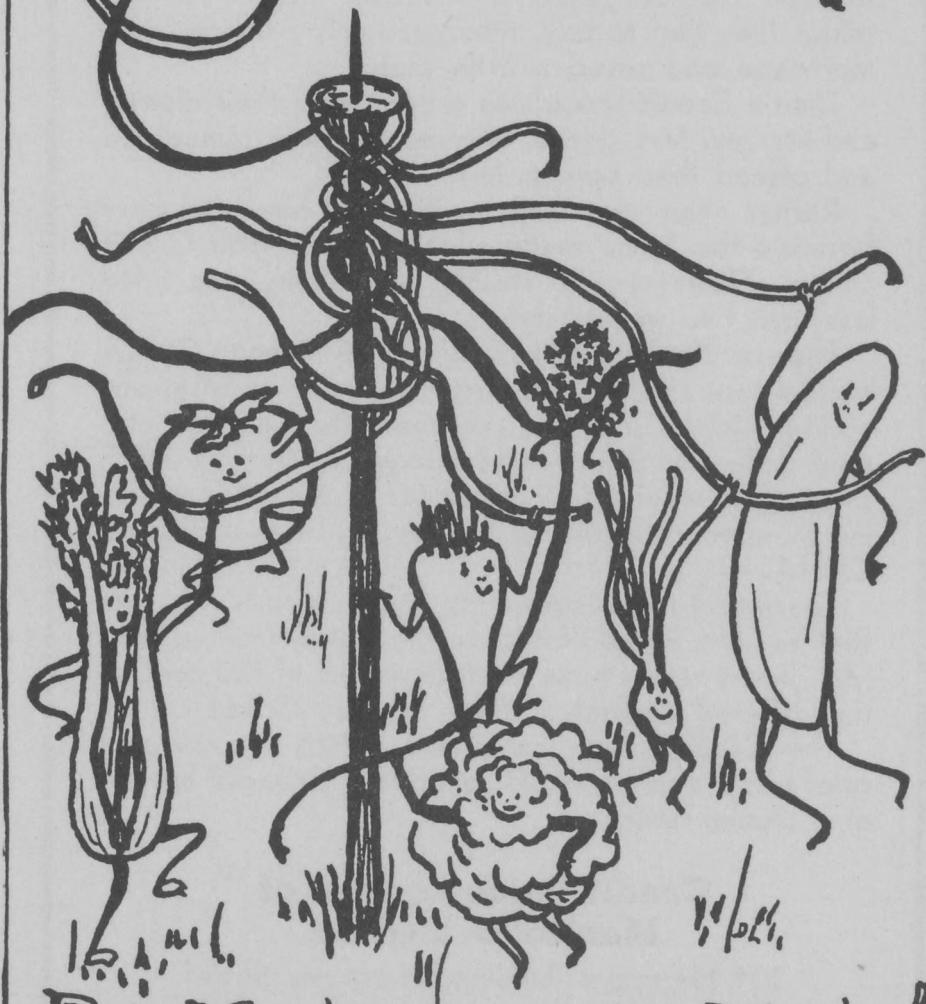
Cook until thickened.

Serves eight.

Blanche Fraser, Winnipeg

USE CO-OP TOMATO JUICE

Salads



Put Maytime in your Meals!

RECIPE FOR SOUND FINANCES . . .

Basic Principles—

**NOT FOR CHARITY - NOT FOR PROFIT - FOR
SERVICE**

Basic Ingredients—

SAVINGS - LOANS - INSURANCE

Take a true story such as illustrated by the lives of Mr. and Mrs. Jones. They worked for many years to establish a half-section of land in a rather heavily wooded district. Even with higher prices for the things they had to buy, they gradually paid off their mortgage and saved a little cash.

Then a Credit Union was organized in their district and Mr. and Mrs. Jones, with many others, joined and placed their savings in it.

Rather than use their savings to buy necessary furniture the Jones' made a loan through their Credit Union. Then tragedy struck. Mr. Jones was killed less than two weeks later.

Because the loan had been insured through CUNA Mutual Insurance Society against death or total disability, CUNA paid off the complete loan and also paid dollar for dollar on Mr. Jones' savings of \$800. Mrs. Jones received a cheque for \$1,600—representing the amount of the savings and a like amount from CUNA.

The moral to be drawn from the story is the fact that had Mr. Jones withdrawn the money from savings Mrs. Jones would have been deprived of the protection offered through CUNA and the Credit Union.

The Credit Union could not soften the widow's grief but it could and did relieve her financial burden at a crucial time.

**Credit Union League of
Manitoba Limited**

**304 Hargrave Building, Hargrave Street
Winnipeg, Manitoba**

TOMATO ONION SALAD

Cut into wedge-shaped bite-size pieces
4 or 5 large ripe tomatoes

Add

1 medium onion, sliced very thinly with rings separated
1 tbsp. salad oil
salt and pepper to taste

Mix lightly and chill before serving.

Ellinor Schultz, Grandview

CARROT SALAD

Mix together

4 cups shredded cabbage
1 cup shredded carrots
1 large orange, cut in small pieces
1/2 cup salad dressing

Chill before serving.

Mary Thoren, Erickson

CHEF'S SALAD BOWL

Break into bite-size pieces in a salad bowl

1 head lettuce

Add

1 cup diced cucumber
1 green pepper, cut in narrow strips
1 cup cooked ham or luncheon meat, cut in strips
3 hard-cooked eggs, quartered
2 tomatoes cut in wedges

Combine

1/2 to 3/4 cup French dressing
1 tbsp. crumbled blue or sharp cheddar cheese
1 tbsp. ketchup

Mix thoroughly, pour over salad and toss lightly.

For a main course or served in individual dishes.

Florence Fehr, Altona

CARROT AND RAISIN SALAD

Mix together

1 1/2 cups grated raw carrot
1/4 cup seedless raisins
1/4 to 1/2 cup finely diced celery
1/4 tsp. salt

Pile in mounds on individual beds of crisp lettuce.

Serve with French dressing.

Olive McNabb, Minnedosa

USE CO-OP TOMATO KETCHUP

BEET SALAD

Mix together and heat to boiling

1 tbsp. gelatin or a jelly powder
1 tbsp. sugar
1½ cups water
½ cup juice from pickled beets

Allow to chill until mixture starts to thicken.

Add

2 tsps. grated onion
¾ cup diced celery
1 cup diced pickled beets
1 tbsp. sugar
½ tsp. salt
2 tsps. grated horse radish

Chill before serving.

Ida Wilson, Minnedosa

HOT POTATO SALAD

Melt

3 tbsp. fat

Blend in

1½ tbsps. flour
1 tbsp. sugar
1 tsp. salt
dash of cayenne

Add

¼ cup vinegar
½ cup water

Cook mixture until thick.

Add

5 cups sliced cooked potatoes
2 tbsps. chopped parsley
green onion tops or chives

Simmer until potatoes are heated through.

Serve hot.

Delza Longman, Winnipeg

MARSHMALLOW PUDDING

Boil in salted water for 15 to 20 minutes

1 cup rice

Cool and add

1 small tin crushed pineapple
½ pint whipped cream
½ lb. marshmallows, cut

Serve as a salad on a lettuce leaf or as a dessert in sherbet glasses topped with whipped cream and pineapple or cherry.

Elva Fletcher, Winnipeg

USE CO-OP FLOUR

VEGETABLE SALAD

Soak in $\frac{1}{4}$ cup cold water

1 tbsp. gelatin

Mix together and bring to a boil

1 $\frac{1}{4}$ cups hot water

2 tbsps. vinegar

$\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ cup sugar

Dissolve soaked gelatin in the hot liquid.

Add

1 tbsp. lemon juice

Chill.

When partly set fold in

diced or shredded vegetables

Combinations of vegetables suitable

shredded raw cabbage, grated carrot

1 cup grated raw carrot, $\frac{1}{2}$ tsp. minced onion,

1 cup chopped cucumber

$\frac{1}{2}$ cup peas, $\frac{1}{2}$ cup grated carrot, $\frac{1}{2}$ cup diced celery

$\frac{1}{2}$ cup grapes, $\frac{1}{2}$ cup grapefruit, $\frac{1}{2}$ cup diced celery

Radishes may be used for color.

Rose Trembach, Grandview

GRAPEFRUIT SALAD

Mix together with salad dressing

1 cup grapefruit, cubes

$\frac{1}{4}$ cup celery, diced

$\frac{1}{4}$ cup marshmallows, cut

$\frac{1}{4}$ tsp. salt

2 tbsps. cottage cheese
paprika to taste

Chill before serving.

Christie Dickie, Minnedosa

TOMATO JELLY SALAD

Dissolve in 1 cup hot water

1 pkg. lemon jelly powder

Add

1 cup condensed tomato soup

Allow to thicken.

Mix together and add to thickened jelly

$\frac{1}{2}$ cup cheddar cheese, grated

1 small onion, sliced

1 green pepper, chopped

1 cup celery, diced

$\frac{1}{4}$ cup blanched almonds, sliced

Turn into wet molds and chill until firm. Unmold on lettuce. Serve with favorite salad dressing with 1 tbsp. French dressing added to the dressing.

Ellen Robertson, Grandview

USE CO-OP TOMATO SOUP

HOLIDAY SALAD

Cook to jell by directions on package
1 box cranberries

Add

1 lb. marshmallows, cut fine
1 large can crushed pineapple, drained
or apples, ground or cut fine
1 cup sugar
1 cup cream, whipped

Chill before serving.

Lilly Paulson, Erickson

CANARY SALAD

Dissolve in 1 3/4 cups boiling water
1 pkg. lemon jelly powder

Add

juice of one small lemon

Let stand until cool.

Mix in

1 cup grated carrots
1 cup crushed pineapple

Place in refrigerator to thicken and serve with the main dish.

Grace Bobrowski, Elm Creek

VARIATION

In place of 1 cup grated carrots

Use

1/2 cup grated carrots
1/2 cup diced celery

Gladys Proven, Minnedosa

CRANBERRY AND PINEAPPLE SALAD

Dissolve in 1 1/2 cups boiling water
1 pkg. lemon jelly powder

Add

juice of 1/2 lemon

Allow to chill until it is the consistency of honey, then stir in

1/2 cup celery, diced
1 cup canned crushed pineapple (drained)
1 cup thick unstrained cranberry sauce, slightly sweetened

Chill until firm. Serve with mayonnaise.

Florence Fehr, Altona

USE CO-OP TOMATO SOUP

SALMON MOUSSE

Soak in 2 tbsps. cold water

1 tbsp. gelatin

Make a dressing of

2 tbsps. sugar

2 tbsps. flour

1 tsp. mustard

1 tsp. salt

2 egg yolks

3/4 cup milk

When this is thickened and cooked add

2 tbsps. melted butter

1/4 cup vinegar

Dissolve gelatin in hot dressing and add

1 lb. canned salmon, flaked

Pour into a mold and chill until set.

Maude Sisson, Elm Creek

JELLIED CHICKEN SALAD

Dissolve in 1 cup boiling chicken broth

1 pkg. lemon jelly powder

Add

1 tsp. salt

1/4 tsp. paprika

1 tsp. grated onion

1/4 cup lemon juice

1 cup cold water

Chill until mixture sets.

Gradually beat in

3/4 cup salad dressing

Fold in

1 cup diced chicken

1/2 cup chopped celery

1 pimento

1 small green pepper, chopped fine

Chill in a loaf pan.

When serving, cut the loaf in slices after unmolding and lay each slice on a lettuce leaf. Top with mayonnaise.

The salad may be chilled in individual custard cups.

Lucy Campbell, Killarney

MACARONI MEAT SALAD

Mix together

2 cups cooked macaroni

1 cup cooked ham or chicken, diced

diced celery to taste

4 hard-boiled eggs, sliced

2 tomatoes, diced

Moisten with boiled salad dressing.

Florence Fehr, Altona

USE CO-OP MUSTARD

VEGETABLE MEAT SALAD

Mix together

2 cups chopped cooked meat
3 radishes, sliced
2 tbsps. chopped parsley
 $\frac{1}{4}$ cup chopped green onion
 $\frac{1}{4}$ cup chopped green pickle
 $\frac{1}{2}$ cup drained canned tomatoes
 $\frac{1}{2}$ tsp. vinegar
 $\frac{1}{2}$ cup salad dressing

Chill. Serve on crisp lettuce.

This salad allows for any number of variations. Cucumber raw tomatoes, raw or cooked vegetables or grated cheese may be substituted or added.

Six servings.

Margaret Kempf, Grandview

NO CALORIE DRESSING

Combine in a jar with a secure top

1 tbsp. grated onion
1 tsp. dry mustard
1 tsp. Worcestershire sauce
1 cup tomato juice
 $\frac{1}{4}$ cup lemon juice
 $\frac{1}{4}$ tsp. celery salt

Fasten the top of the jar and shake well. Chill several hours, then shake well or stir before serving.

Marie Siemens, Altona

SOUR CREAM SALAD DRESSING

(Uncooked)

Mix together

1 tbsp. sugar
 $\frac{3}{8}$ tsp. salt
pepper to taste

Add

2 tbsps. vinegar
1 tbsp. lemon juice

Stir gradually into

1 cup sour cream, whipped

Rose Trembach, Grandview

USE CO-OP TOMATO JUICE

QUICK SALAD DRESSING (Mayonnaise Type)

Pour into a mixing bowl

$\frac{3}{4}$ cup salad oil

Mix and sift together and add to the oil

1 tbsp. sugar

1 tsp. dry mustard

1 tsp. salt

$\frac{1}{8}$ tsp. cayenne

Add, but do not stir

2 egg yolks

$\frac{1}{4}$ cup vinegar

Let this mixture stand.

Mix together until smooth

4 tbsps. cornstarch

$\frac{1}{2}$ cup water

Stir in

$\frac{1}{2}$ cup water

Cook cornstarch over low heat, stirring constantly until boiling point is reached and mixture becomes clear. Remove from heat and continue stirring for about 3 minutes. Pour hot cornstarch on top of ingredients in mixing bowl and beat briskly with rotary egg beater.

Chill before serving. If the salad dressing separates out upon standing, beat with a rotary egg beater.

Elsie Putt, Altona

SALAD DRESSING

Beat together

$\frac{1}{2}$ cup white sugar

3 eggs

2 tps. mustard

few grains cayenne

butter to taste

$\frac{1}{2}$ cup vinegar or lemon juice for fruit salads

Cook over low heat until thick. Pour into a sealer and seal before storing.

Kay Bridges, Elm Creek

BUTTER SALAD DRESSING

Mix together

4 tbsps. flour

2 tps. salt

$\frac{1}{2}$ tsp. pepper

2 tps. mustard

1 cup brown sugar

3 well beaten eggs

$\frac{3}{4}$ cup vinegar

3 cups buttermilk or sour milk

3 tbsps. butter

Cook in the top of a double boiler until thick.

Annie Mitchell, Grandview

USE CO-OP FLOUR

FRENCH DRESSING

Measure into a jar

$\frac{1}{2}$ cup salad oil
2 tbsps. vinegar or lemon juice
2 tsps. sugar
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ tsp. paprika
 $\frac{1}{4}$ tsp. dry mustard
1 clove garlic (optional)

Cover, shake well. Chill. Remove garlic after six or seven days. Shake dressing well before serving.

Yield $\frac{1}{2}$ cup.

Florence Fehr, Altona

BOILED SALAD DRESSING

Mix together

$\frac{1}{2}$ tbsp. salt
1 tsp. mustard
 $1\frac{1}{2}$ tbsps. sugar
few grains cayenne
 $\frac{1}{2}$ tbsp. flour

Gradually stir in

2 egg yolks, slightly beaten
 $1\frac{1}{2}$ tbsps. melted butter
 $\frac{3}{4}$ cup milk or thin cream
 $\frac{1}{4}$ cup vinegar

Cook over boiling water until mixture thickens. Strain and cool.

Elsie Fehr, Altona

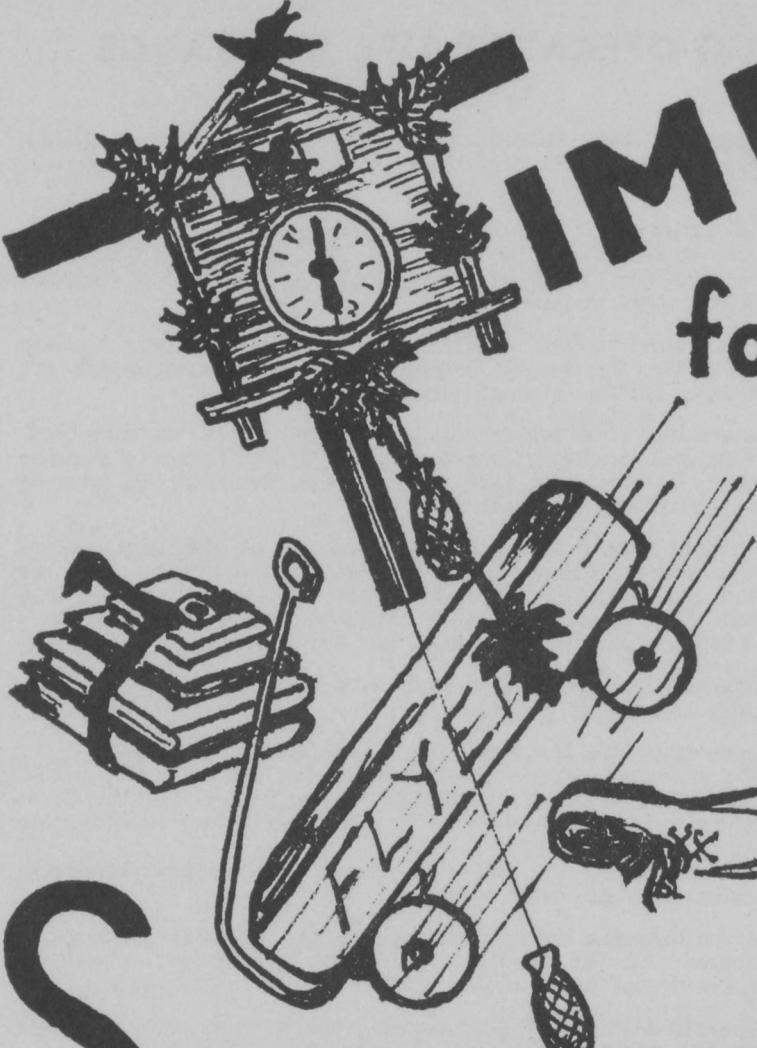
A half cup of whipped cream can be folded in to make Cole Slaw dressing.

Salads will arrive at picnics properly chilled if they are put into a double boiler. Put the salad in the top and fill the bottom with ice cubes.

Marie Siemens, Altona

USE CO-OP MUSTARD

TIME for
SUPPER DISHES



CO-OPERATIVE LIFE INSURANCE COMPANY

Co-operative Life Insurance Company is the first Canadian Life Insurance Company organized and sponsored by Co-operatives across Canada.

The Company is a Dominion chartered, legal reserve Company, operating under the supervision of the Dominion Department of Insurance. The financial strength which backs each contract far exceeds legal requirements.

A re-insurance treaty with the Co-operative Insurance Society of Manchester, the second largest insurance department in the British Isles further strengthens the Company.

Co-operative Life offers all the major forms of individual protection and savings plans as well as Group Life and Pension Insurance. Co-operative Life services are available in nine of the ten Canadian provinces.

The rapid growth of sound development of the Company is due in a large measure to its co-operative character and the fact that the company originated from the ideas of people who felt that their insurance needs could be better satisfied by a Co-operative Company organized for Service—not Profit.

Substantial dividends have been paid to policyholders of both individual and group policies.

Co-operative Life Insurance has three main objectives:

1. To provide insurance protection at the lowest possible cost.
2. To invest as much as possible of the reserves of the Company back into sound co-operative enterprises to stimulate co-operative growth.
3. To strengthen the entire Co-operative movement by educational and extension work.

Contributions are made each year to the Provincial Co-operative Unions and the Co-operative Union of Canada as well as to the Provincial of Canadian Federation of Agriculture.

Co-operative Fire and Automobile Insurance is now available through the same office.

Co-operative Life Insurance Company is in a position to meet your insurance needs. Contact any of its trained representatives and discuss your protection problem with them or write direct to

CO-OPERATIVE LIFE INSURANCE COMPANY

MANITOBA BRANCH OFFICE

40 TRANS CANADA BUILDING
WINNIPEG, MANITOBA

PARSNIP AND APPLE CASSEROLE

Arrange in alternate layers in a casserole

4 cups thinly sliced parsnips

4 cups sliced apples

Sprinkle each layer with part of

1½ tbsps. brown sugar

1¼ tsps. salt

Dot with

2 tbsps. butter

Add

3 tbsps. water

Cover casserole and bake at 350° for 1 hour or until tender.

Very good with baked potatoes and baked spareribs or pork chops.

Agatha Friesen, Lowe Farm

SCALLOPED CORN AND TOMATOES

Place in alternate layers in a greased baking dish

1½ cups cooked corn

1½ cups stewed tomatoes

Season with

2 tbsps. melted butter

1 tsp. salt

dash of pepper

Sprinkle with

½ cup buttered crumbs

If desired arrange previously browned pork sausages on top of crumbs. Bake in a moderate oven at 350° until crumbs are brown.

Gladys Harder, Lowe Farm

SCALLOPED VEGETABLES AND BACON

Arrange in alternative layers in a buttered baking dish

½ to ¾ cup diced cooked bacon

6 uncooked potatoes, thinly sliced

4 cups cooked or canned vegetables (carrots, peas, beans, etc.)

½ onion, grated

salt, pepper and allspice, to taste

1 tbsp. tomato catsup or chili sauce

½ cup bread crumbs

Dissolve in 2 cups boiling water

1 meat extract cube

Pour over vegetables in casserole.

Bake in a moderate oven at 350° for about 1½ hours or until potatoes are soft.

Serves 6 to 8.

Marie Siemens, Altona

USE CO-OP CANNED VEGETABLES

LIMA BEAN CASSEROLE

Cover with 4 cups boiling water and boil 2 minutes

2 cups dried lima beans

Remove from heat and let beans soak for 1 hour OR

Cook in a pressure cooker for $\frac{3}{4}$ hour without soaking.

When cooked, stir in

$\frac{1}{2}$ cup sliced onion

2 tbsps. salt

1 tsp. dry mustard

pepper to taste

$\frac{1}{2}$ tsp. dried basil or $\frac{1}{2}$ bayleaf

$\frac{1}{4}$ to $\frac{1}{2}$ monosodium glutamate (Ac'cent)

1 $\frac{1}{2}$ cups canned tomatoes

Pour mixture into a large casserole or bean pot.

Arrange on the top

4 strips bacon or more

Bake in moderate oven at 350° for $1\frac{1}{2}$ hours.

Six servings. Olive McNabb, Minnedosa

CHILI CON CARNE

Melt in a frying pan

2 tbsps. fat

Add and cook until brown

1 lb. ground beef or hamburger

1 large onion, chopped

In saucepan heat together

1 10-oz. tin tomato soup

1 cup water

1 15-oz. tin red kidney beans

Add

meat

onion

1 tsp. chili powder

1 tsp. salt

$\frac{1}{4}$ tsp. pepper

Simmer for 15 minutes and serve.

Serves six.

Irene Rempel, Leona Doerksen, Lowe Farm

BAKED EGGS

Line tart or muffin pans or cups with

sausage meat

or thin slice of bologna

Break into each cup

1 egg

Dot with butter.

Bake in a moderate oven until firm. These are nice for a dinner or a picnic.

Lucy Campbell, Killarney

USE CO-OP TOMATO SOUP

VEGETABLE TOMATO-CHEESE SHORTCAKE

Cook in boiling, salted water

$\frac{1}{2}$ cup diced turnips
1 cup diced parsnips
1 cup sliced carrots
1 medium onion, sliced

Drain, saving the water for cream sauce.

Add

$\frac{1}{4}$ cup canned peas
2 cups medium cream sauce

Reheat and use as a filling and topping for split hot tomato-cheese biscuits. May be served garnished with bacon.

TOMATO-CHEESE SHORTCAKE

Sift together

2 cups flour
4 tsps. baking powder
 $\frac{1}{2}$ tsp. salt

Cut in with knives or pastry blender

1 tbsp. fat
 $\frac{2}{3}$ cup grated cheese

Mix in only enough to form a soft dough

$\frac{2}{3}$ to 1 cup tomato juice

Turn out on a floured board and knead lightly for half a minute. Roll to $\frac{3}{4}$ inch thickness; cut and place on a floured baking sheet. Bake in a hot oven 400-425° for about 15 minutes.

Serves six to eight.

Marie Siemens, Altona

EGGS CREOLE

Combine

2 cups cooked tomatoes
2 tsps. chopped onion
3 tsps. chopped green pepper
 $\frac{1}{2}$ cup diced celery
1 bay leaf

Cook slowly until celery is tender. Remove bay leaf and season with

salt and pepper to taste

Add

$\frac{1}{2}$ cup soft bread crumbs

Mix well and make depressions in the mixture with back of a spoon.

Sprinkle over the mixture

$\frac{1}{2}$ cup grated cheese

Break into each of four depressions

1 egg

Sprinkle with salt, cover and simmer until eggs are set or bake in moderate oven, 30 minutes. Individual casseroles of this mixture may be made also.

Delza Longman, Winnipeg

USE CO-OP CHEESE

BAKED BEANS

Pick over and soak overnight

1 qt. navy or brown beans

Scald in hot soda water, drain, then add fresh water to cover and cook 15 minutes or until you can blow skins off. Pour off water, put beans in a stone baking jar.

Add

1/2 lb. sliced bacon, at bottom, middle and top
1 tsp. soda
1 tsp. ground mustard
2 sliced onions
1 tbsp. brown sugar
1 tsp. ginger
2 tbsp. molasses
1 tbsp. salt

Cover with fresh water and bake 4 or 5 hours with the cover on the jar. Remove the cover for the last half hour.

Susan Harder, Lowe Farm

EGGS IN TOMATO SAUCE

Mix together

1 tbsp. melted butter
1 tbsp. flour

Add and pour into a casserole

1/2 can tomatoes, strained
salt and pepper, to taste

Break into this mixture

5 eggs

Cover with

3/4 cup bread crumbs

Dot with butter. Bake in a moderate oven.

Blanche Duncanson, Flin Flon

EGG AND CHEESE OMELET

Heat

1/2 cup skimmed milk

Add

1/2 cup bread crumbs
salt and pepper to taste
2 eggs

Mix well.

Heat a heavy frying pan (not too hot) and melt

2 tbsps. butter or other fat

Pour in egg mixture and cook slowly until partly set.

Sprinkle with

1/3 cup cheddar cheese, grated or thinly sliced

When just melted, fold omelet over and serve at once.

Serves two.

Nice with crabapple jelly and a green salad.

Helen Sisson, Elm Creek

USE CO-OP TOMATOES

MOCK SHRIMP ON TOAST

To

1 cup thick cream sauce

Add

1 cup chopped, peeled, raw tomatoes or
1 cup drained, canned tomatoes

Heat to bubbling and put in

4 unbeaten eggs

Stir well over low heat until mixture thickens.

Add

1/2 cup or more grated cheese

1/2 tsp. mustard

1/2 tsp. salt

Allow to cook over low heat a few more minutes, stirring constantly.

Serve on buttered toast. With a salad, this makes a very good lunch for children.

Elsie Putt, Altona

DEVILLED EGGS WITH NOODLES

Drop into boiling salted water and cook until tender

2 cups uncooked noodles

Drain and rinse with cold water. Place in buttered casserole or six individual baking dishes.

Cut in half and remove yolks of

6 hard-cooked eggs

Mash yolks and mix in

2 tbsps. mayonnaise

1 tsp. vinegar

1/4 tsp. paprika

1/2 tsp. dry mustard

salt and pepper to taste

Fill egg whites and place on top of noodles.

To make a white sauce,

Melt

4 tbsps. butter

Blend in

4 tbsps. flour

1 tsp. salt

Add

2 cups milk

Cook until thickened, stirring constantly. Pour sauce over eggs and noodles.

Top with

1 cup cheese cracker crumbs

2 tbsps. melted butter

Bake in a moderate oven at 350° for 20 minutes.

Marie Siemens, Altona

USE CO-OP MUSTARD

SURE-FIRE CHEESE SOUFFLE

Melt 2 tbsps. fat
Blend in 3 tbsps. flour
Gradually stir in 1 cup milk
Cook until sauce is thick and smooth.
Add salt to taste
Cool slightly.
Add 1 cup grated cheese
 6 egg yolks, well beaten
Beat until standing in peaks
 6 egg whites
Fold the egg whites into the cheese sauce slowly and carefully. Pour into individual molds or one very large dish or two medium dishes and place in pans of hot water. Bake in individual molds in 350° oven for 25 minutes; large pan for 45 minutes.

Margaret Robson, Winnipeg

SUPPER DISH FROM HOME-MADE NOODLES

Place in a deep dish
 home-made noodles
Cover with
 chopped, fried onion
 crumbled cottage cheese
 salt to taste
Mix well.
Serve with fresh side pork.

HOME-MADE NOODLES

Mix together
 1 or 2 eggs, beaten
 1 cup water (depending on amount of noodles desired)

Add enough flour to make a fairly stiff dough. (If the dough is soft, the noodles will stick together when being cut.)

Roll the dough quite thin on a floured board. Flour on both sides and cut into strips about 1½ inches wide. Pile 4 or 5 strips on top of one another and cut fine.

Cook in boiling water for about 8 minutes, drain in a colander. Place noodles back in pan and rinse with warm water, then drain again.

These noodles may be substituted for packaged macaroni in macaroni dishes.

Rose Trembach, Grandview

USE CO-OP CHEESE

MACARONI SUPPER DISH

Boil in salted water

2 cups macaroni

Fry in melted fat until cooked

6 slices bacon, cut up

1 medium onion, sliced

Add

cooked macaroni

1 tin tomato soup

Cook a few minutes longer.

Serves four. Dorcas-Anne Kristjansson, Winnipeg

MACARONI AND CHEESE CASSEROLE

Cook in boiling, salted water

2 cups elbow macaroni

Drain and rinse.

Melt in a saucepan

2 tbsps. butter

Stir in

2 tbsps. flour

1 tsp. salt

pepper to taste

Remove from the heat and blend in slowly

2 cups milk

Cook over low heat, stirring constantly until thickened and smooth.

Add to the sauce most of

2 cups grated cheese

Blend in until melted. Fold in

1/4 cup sliced celery

1/2 cup button mushrooms

cooked macaroni

Pour into buttered casserole and sprinkle with

1/3 cup crumbs or crushed cereal

remainder of grated cheese

Bake in a moderate oven about 30 minutes.

Minnie Isaacs, Winnipeg

USE CO-OP TOMATO SOUP

ITALIAN SPAGHETTI DISH

Cook in boiling, salted water

1 pkg. spaghetti

Add

1/2 cup grated cheese

Fry until brown

1 lb. hamburger

1 head celery, chopped

3 or 4 onions, chopped

1 tin mushrooms

Add

garlic to taste

dash Worcestershire sauce

cooked spaghetti

1 tin tomato juice or tomato soup

Stir well and serve.

Flin Flon

TOMATO-MACARONI SUPPER DISH

Cook in boiling, salted water until tender

1 cup elbow macaroni

Drain.

Meanwhile fry in 2 tbsps. butter or margarine until tender

3/4 cup chopped onion

1/2 cup chopped green pepper

Add and fry until brown

1/2 lb. ground beef

Blend in

2 tbsps. flour

2 tbsps. salt

1/8 tsp. pepper

1/4 tsp. paprika

1/4 tsp. dry mustard

1/2 tsp. Worcestershire sauce

2 cups tomato juice

Cook, stirring constantly, until thick and smooth.

Add

cooked macaroni

1 cup kernel corn

Pour into a well-greased casserole (1 1/2 qt. size).

Top with

1 cup grated, nippy cheese

Bake in a moderate oven 350° for 1 hour.

Six servings.

Rose Trembach, Grandview

USE CO-OP CORN

CORN AND SAUSAGE CASSEROLE

Fry over medium heat until cooked

$\frac{3}{4}$ lb. pork sausages

$\frac{1}{4}$ cup chopped green pepper

Make a sauce by mixing

2 tbsps. sausage drippings

2 tbsps. flour

$\frac{1}{2}$ tsp. salt

Slowly stir in

2 cups whole milk

Stir and cook until sauce thickens.

Pour into a baking dish over

cooked sausages

2 cups drained kernel corn

Top with

$\frac{1}{2}$ cup grated cheese

6 tomato slices (optional)

Bake in a moderate oven 350° for about 25 minutes.

Hamburger may be substituted for the sausages.

Susan Harder, Lowe Farm

SPANISH RICE

Cook until brown

4 slices bacon (diced)

$\frac{1}{4}$ cup chopped onion

Add

4 cups cooked rice

1 tsp. salt

$\frac{1}{4}$ tsp. pepper

$2\frac{1}{2}$ cups tomatoes

Mix well and pour into an oiled baking dish.

Cover with

$\frac{1}{2}$ cup buttered bread crumbs.

Bake in 375° oven for 30 minutes.

Leona Doerksen, Lowe Farm

OVEN DINNER

Mix together

1 lb. ground steak

$\frac{1}{2}$ cup uncooked rice

2 onions, chopped

2 cups celery, chopped

salt and pepper to taste

Arrange in greased baking dish in alternate layers with

6 medium potatoes, sliced

Pour over this

1 can tomatoes or tomato soup

2 cups water

Dot with butter. Bake $2\frac{1}{2}$ hours in 350° oven.

Velma Hansen, Flin Flon

USE CO-OP TOMATOES

HASH

Brown in 2 tbsps. melted fat in a frying pan

1 medium onion, chopped

Combine and add to frying pan

1 lb. hamburger

2 large carrots, diced

1 large potato, diced

1 tsp. salt

1 tsp. pepper

Cook for 10 minutes, adding water now and then to prevent burning. Hash should be partly browned. For best results use fresh ingredients instead of leftovers. To increase amount add $\frac{1}{2}$ cup soaked bread crumbs or cooked oatmeal.

Irene Rempel, Lowe Farm

CURRIED RICE WITH VEGETABLES

Cream together

4 tbsps. butter

1 tbsps. curry powder

Mix with

3 cups hot boiled rice

Turn into a buttered loaf pan, packing the mixture down firmly. Set in a pan of hot water and bake in a moderate oven about 15 to 20 minutes.

Turn out on a hot platter and surround with

1 can string beans, thoroughly heated

Combine

1 cup medium white sauce

2 tbsps. onions, lightly fried in butter

$\frac{1}{4}$ tsp. curry powder

Serve rice mixture with this sauce.

RICE

Wash thoroughly in several waters until all the loose starch is removed

1 cup rice

Drain.

Slowly drop rice into

2 qts. boiling water

to which has been added

3 tps. salt

Allow to boil for about 12 minutes or until a grain when pressed between the thumb and finger is soft. When sufficiently cooked, turn the rice into a colander or sieve. Pour a little hot water over the rice to wash off excess starch.

Marie Siemens, Altona

USE CO-OP FLOUR

CARROT RICE RING WITH GRAVY

Mix together lightly

2 cups cooked rice
1/2 tsp. salt
1 cup cooked, diced carrots
2 tbsps. butter
pinch of pepper

Melt in a frying pan

4 tbsps. fat

Saute until tender

1/2 cup onion rings

Add

4 tbsps. flour

Dissolve in 2 cups warm water

2 tsps. meat paste

Add to onion mixture

meat paste mixture

2 cups chopped meat

Reheat.

Arrange rice mixture in ring on platter and fill centre with meat mixture.

Serves five to six.

Tina Doerksen, Lowe Farm

CROWS NEST

Mix together

2 lbs. minced beef
1 1/2 tsps. salt
1/8 tsp. pepper
1 tbsp. flour

Shape into small balls and brown in hot fat.

Place meat in a greased baking dish.

Brown in the hot fat

2 medium sized onions, sliced

Spread over the meat balls.

Cook in a small amount of hot water for 20 minutes

2 cups diced carrots
1 cup chopped celery

Drain and spread over meat balls.

Cover with

2 cups canned tomatoes

Sprinkle with buttered bread crumbs. Bake uncovered in a moderate oven for 1 hour.

Minnie Isaacs, Winnipeg

USE CO-OP CANNED VEGETABLES

MARY'S CASSEROLE

Place in alternate layers in a casserole

4 medium apples, sliced

1 1/4 to 1 1/2 lbs. sausages

Pour over this

1 can tomato soup

Bake in a moderate oven for about 1 1/2 hours.

Serves about five. This is good served with a green salad and mashed potatoes. Margaret Robson, Winnipeg

MEATBALLS WITH MUSHROOM AND TOMATO SAUCE

Mix together

1 lb. ground beef

1 lb. ground veal or pork

or 2 lbs. hamburger

1 small onion, chopped

2 eggs

1 cup bread crumbs

salt and pepper to taste

Form into balls. Fry in drippings or lard until slightly brown.

Place in a casserole and cover with

1 can mushrooms

or fresh mushrooms

2 medium onions, sliced

Pour over this

1 can tomato soup

Cover and bake in a slow oven for 1 hour.

Anna Hudak, Flin Flon

DINNER IN A DISH

Melt

4 tbsps. fat

Fry in melted fat for 3 minutes

1 medium onion, chopped

2 green peppers, chopped

Add and mix in well

1 lb. minced beef

2 eggs

1/2 tsp. salt

1/4 tsp. pepper

Remove from heat.

Pour into a greased baking dish

1 can niblet corn (drained)

Add, in alternate layers

meat mixture

4 medium sized tomatoes, sliced

Sprinkle with

1/2 cup dry bread crumbs

Dot with butter. Bake in moderate oven for 35 minutes.

Minnie Isaacs, Winnipeg

USE CO-OP TOMATO SOUP

PIG 'N APPLE

Mix well together

1 lb. sausage meat

$\frac{1}{2}$ cup quick cooking oats

Form thin patties of this mixture.

Mix into a stuffing

2 cups bread crumbs

2 tbsps. chopped onions

$\frac{1}{2}$ cup chopped apple

salt and pepper to taste

hot water to moisten (about $\frac{1}{3}$ cup)

Place stuffing between the patty and pinch the edges together. Place in a frying pan and brown in hot fat on one side only.

Turn and top with

unpared cored apple half (about 5)

Fill apple centre with a mixture of

raisins

brown sugar

Cover tightly and cook over low heat on top of stove for about a half hour, adding a little water to the pan or bake in a moderate oven 350° for about $\frac{3}{4}$ hour.

Yield: five double patties.

Minnie Isaacs, Winnipeg

MEAT RING

Mix together

1 egg

3 tbsps. top milk or cream

1 tbsp. Worcestershire sauce

Add, and mix together well

$1\frac{1}{2}$ lbs. ground meat

$\frac{1}{2}$ cup fine crumbs

1 medium onion, minced

$\frac{1}{2}$ cup grated carrots

1 tsp. salt

$\frac{1}{8}$ tsp. pepper

Shape into a ring in a baking dish or ring mold. Bake 30 minutes in a moderately hot oven 375° . Turn out onto a hot plate and fill the centre with hot buttered peas. May be served with mushroom sauce.

Serves six.

Tina Rempel, Lowe Farm

USE CO-OP QUICK COOKING ROLLED OATS

MUSHROOM AND BEEF CASSEROLE

Brown in 1 tbsp. melted fat
 $\frac{3}{4}$ lb. beef, coarsely ground
Mix in
 $\frac{3}{4}$ tsp. salt
 3 tbsps. flour

Add
 1 can (10-oz.) cream of mushroom soup
 1 soup can water

Cook, stirring constantly, until thickened. Place in a casserole and top with 2-inch baking powder biscuits. Bake at 425° for 20 minutes or until biscuits are browned.

Irene Alexander, Grandview

ECONOMICAL BAKED MEAT ROLL

Sift together
 2 cups sifted flour
 4 tbsps. baking powder
 $\frac{1}{2}$ tsp. salt

Cut in finely
 4 tbsps. shortening

Mix in gradually
 $\frac{2}{3}$ cup milk

Mix together
 2 cups ground left-over meat
 $\frac{1}{2}$ cup grated carrots
 finely chopped onion
 $\frac{1}{2}$ cup bread crumbs
 1 egg
 salt and pepper to taste
 meat stock or tomato sauce to moisten
 dash of Worcestershire sauce

Enclose this mixture in the biscuit dough, wet and seal the ends. Bake in a hot oven for 30 minutes or until biscuit is cooked.

Tina Rempel, Lowe Farm

MEAT GOULASH

Mix together
 $\frac{1}{2}$ lb. spaghetti or macaroni (cooked)
 1 lb. ground meat (if raw, brown in a pan)
 $\frac{1}{4}$ lb. grated cheese
 2 cups tomatoes
 1 onion, chopped
 salt and pepper to taste

Place in a greased casserole and bake for $\frac{3}{4}$ to 1 hour. This is a good recipe for using up leftover cooked meat.

Harriet Lee, Erickson

USE CO-OP FLOUR

SPICY FRANKFURTTERS

Halve lengthwise

1/2 lb. frankfurters

Place in a skillet.

Add to

1 tbsp. flour

part of $\frac{3}{4}$ cup water.

Add remaining water

1/2 cup ketchup

2 tbsps. vinegar

2 tsps. sugar

1 tsp. prepared mustard

Cook, stirring constantly until thickened. Pour over frankfurters, cover, simmer for half hour.

Gladys Harder, Lowe Farm

WIENERS IN BARBECUE SAUCE

Cook in frying pan in hot fat

1/4 cup chopped onions

Add

1/4 tsp. salt

1/8 tsp. pepper

2 tsps. Worcestershire sauce

2 tsps. sugar

3/4 tsp. dry mustard

1 tsp. paprika

3 tbsps. vinegar

6 tbsps. ketchup

1/2 cup water

Simmer gently for 15 minutes.

Split eight and ten wieners in half lengthwise. Place cut side down in baking dish. Pour barbecue sauce over them and bake in a moderate oven 15 minutes. Baste several times.

Minnie Isaacs, Winnipeg

TURKEY HASH

Cook in 2 tbsps. drippings until transparent but not brown

1/2 cup diced celery

2 tbsps. minced onion

Add

1 cup diced cooked turkey

2 cups diced boiled potatoes

2/3 cup rich milk

Cook slowly, stirring occasionally, until heated thoroughly. Season to taste. Increase heat last ten minutes to brown bottom.

Serves four.

Marie Siemens, Altona

USE CO-OP TOMATO KETCHUP

PIPESTONE CONSUMERS CO-OPERATIVE

A shoe string loan of \$225 represented the seed of Pipestone Consumers Co-operative which was organized in January, 1942. It was also indicative of the faith of a group of twenty that they could carry on a business for themselves.

Business was carried on for over a year in a small building with coal, twine and hardware the items handled. In 1942 the seed sprouted, with the raising of sufficient money to purchase a general store business then operating at Pipestone. One of the shoots from the plant at that time might be compared with the building that was rented so that a hardware business could also be carried on. The healthy plant that is Pipestone Consumers Co-operative, in 1952, is one that includes a store and hardware department under one management.

Growth has been steady. Today the association numbers over three hundred members who, during 1952, did a volume of business for themselves of over \$60,000.

Pipestone Consumers Co-operative proves the fact that as man works with his fellow men in his own community, he learns to work with other men in the wider communities of the nation and the world, as builders in and of the co-operative movement.

TURKEY SANDWICH LOAF

Mix together

2 chopped hard-cooked eggs
1 cup chopped cooked turkey
 $\frac{1}{4}$ cup chopped pickles
 $\frac{1}{2}$ can cream of chicken soup
salt and pepper to taste

Trim crusts from

12 slices bread

Cut each slice in half. Place six pieces of bread close together on a baking sheet or heat-proof platter. Spread with turkey mixture. Top with layer of bread. Repeat until there are three layers of turkey and four layers of bread.

Brush top with

2 tbsps. softened butter

Bake in a moderate oven at 375° until lightly browned, about 15 minutes.

Blend

$\frac{1}{2}$ can cream of chicken soup
 $\frac{1}{4}$ cup milk

Heat to boiling.

Add

2 cups hard-cooked eggs

Spread over sandwiches. Makes six sandwiches.

Marie Siemens, Altona

CHICKEN CROQUETTES

Stir into 2 cups chicken broth or water

1 cup rolled oats

Cook slowly five minutes, stirring frequently.

Combine

cooked oats

2 cups ground chicken or turkey

1 tsp. lemon juice

1 tsp. salt

$\frac{1}{4}$ tsp. pepper

$\frac{1}{8}$ tsp. nutmeg

$\frac{1}{8}$ tsp. celery seed

1 tsp. paprika

$\frac{1}{2}$ cup mushrooms, browned in chicken fat or butter, if desired

Cool, shape into croquettes, roll in dry bread crumbs.

Dip in mixture of

beaten egg

2 tbsps. milk

Roll again in crumbs.

Fry in deep fat or pan fry until brown.

Serves six.

Marie Siemens, Altona

USE CO-OP QUICK COOKING ROLLED OATS

SALMON SUPPER PIE

Combine

2½ cups salmon or other cooked fish (1 tin)
1 cup cooked celery
1 cup canned peas

Add

1½ cups medium white sauce

Pour into a baking dish and cover with Cheese Ring Biscuits.

CHEESE RING BISCUITS

Sift together

1 cup flour
2 tsps. baking powder
¼ tsp. salt

Cut in

¼ cup grated cheese
2 tbsps. margarine

Stir in lightly with a knife until well mixed

½ cup milk

Spoon on to salmon dish. Bake in a hot oven for 15 to 20 minutes or until biscuits are brown.

Minnie Isaacs, Winnipeg

SALMON TIMBALES

Mix together

2 eggs, beaten
2 cups flaked salmon
½ tsp. salt
⅛ tsp. pepper
¼ tsp. celery salt
1 tsp. paprika
1 tsp. Worcestershire sauce
1 tsp. lemon juice
1½ cups milk

or juice from canned salmon made up to
1½ cups with milk
1 cup rolled oats

Place in six greased custard cups or a greased loaf pan. Bake in a moderate oven, 350°, for 1 hour. Serve with mushroom sauce, tomato sauce or a cream sauce to which a chopped hard-cooked egg has been added.

Marie Siemens, Altona

USE CO-OP MARGARINE

SALMON CASSEROLE

Mix together thoroughly

1 small tin salmon
1 cup peas
1 cup tomatoes
1 medium onion, chopped
2 beaten eggs
salt and pepper to taste

Place in a greased loaf pan.

Sprinkle with

4 soda biscuits, crushed

Dot with

1 tbsp. butter

Bake in a moderate oven for 45 minutes.

Ebba Carlson, Erickson

BROILED SALMON STEAKS

PARSLEYED POTATOES

ONIONS AU GRATIN

Preheat broiling unit ten minutes. Place in lightly greased broiler pan

salmon steak (1-inch thick)

Brush with

butter or margarine

Sprinkle with

salt and pepper

Arrange around the edge of the broiler

thick slices of cooked potatoes, dipped in melted
butter or margarine

Sprinkle with

pepper

paprika

finely chopped parsley

Place next to potatoes

whole cooked onions

Brush with

butter

seasoning

Adjust pan so food is about four inches below the broiler unit. Broil about 15 minutes with oven door partially open.

Sprinkle onions with

grated cheese

Continue broiling until cheese is melted.

Elsie Fehr, Altona

USE CO-OP SALMON

CODFISH CAKES

Mix together

1 cup canned or cooked fish
1½ cups mashed potatoes
salt and pepper to taste
1 beaten egg
1 tbsp. butter, melted

Form into balls. Roll in bread crumbs. Fry in deep fat or as you would hamburgers.

Agatha Friesen, Lowe Farm

TUNA FISH CASSEROLE

Cook in boiling, salted water for 10 minutes

2/3 pkg. noodles

Drain.

Place in alternate leaves in a greased casserole

1 8-oz. can solid-pack tuna fish, well broken up

1 can cream of mushroom soup

cooked noodles

minced onion or green pepper, if desired

Top with bread crumbs.

Bake approximately 40 minutes in a medium oven.

Good for a small luncheon party served with fresh rolls and a green salad.

Margaret Robson, Winnipeg

TUNA TURNOVERS

Sift together

1 cup flour
½ tsp. salt
1½ tsps. baking powder

Cut in until mixture is like coarse meal

2 tsbps. shortening

Add

1/3 cup milk

Mix lightly. Turn out on floured board and knead one minute. Pat out (or roll lightly) until dough is less than half inch thick. Cut into squares.

Cover squares with mixture of

½ cup flaked tuna (or salmon)
2 tsbps. lemon juice
2 tsbps. chopped onion
1 tsp. chopped parsley
¼ tsp. salt

Fold dough over mixture, seal edges of turnover tightly, prick top with fork and bake in a hot oven, 400° for 15 minutes. Serve with mushroom soup thickened slightly to the consistency of a white sauce and garnish with parsley.

Delza Longman, Winnipeg

USE CO-OP FLOUR

MUSHROOM, SALMON ON TOAST

Combine and heat, stirring well

1 can cream of mushroom soup
1/3 cup milk

Add

2 cups salmon, flaked
1/2 tsp. Worcestershire sauce
salt and pepper to taste

Serve on hot, buttered toast.

Alfreda Reed, Minnedosa

IRISH MASHED POTATOES

Mash

4 cups riced cooked potatoes

Scald

1/2 cup cream

Beat into the mashed potatoes, making the mixture light and moist.

Add

1 tbsp. chopped onions (green)
1 tsp. lemon juice
1 tsp. sugar
1 tsp. salt
1/2 tsp. pepper

Beat together until light and smooth. Serve immediately.
Grandview

DUTCH POTATOES

Peel and soak in cold water for 7 or 8 hours

6 medium potatoes

Cook in 3 tbsps. butter until lightly browned

1 large onion, chopped fine

Add

potatoes, diced and drained
salt and pepper
chopped parsley

Add just enough boiling water to cover and cover pan closely. Push to back of stove and cook gently until the potatoes are tender. When they are done the liquid should be almost cooked away and the potatoes soft and creamy. If there is a little too much liquid, thicken with a very little flour and milk mixed together.

Marie Siemens, Altona

USE CO-OP MUSHROOM SOUP

POTATO PANCAKES

Mix together well

2 large potatoes, peeled and grated
1 medium onion, grated or cut fine
2 tbsps. flour
 $\frac{1}{4}$ tsp. salt
dash of pepper
 $\frac{1}{8}$ tsp. nutmeg
 $\frac{1}{8}$ tsp. chopped parsley
2 egg yolks, slightly beaten

Fold in

2 egg whites, stiffly beaten

Fry in butter or lard, allowing 2 tbsps. mixture for each pancake. Fry over medium heat until golden brown on both sides.

Ina Barnett, Grandview

POTATO BALLS

To leftover cooked and mashed potatoes add

2 beaten eggs
salt and pepper to taste
 $\frac{3}{4}$ cup milk

Add

enough flour to make it hold together

Form into balls and press flat. Fry in melted fat in a frying pan.

Lulu Shellborn, Erickson

SCALLOPED POTATOES

Make a white sauce of

4 tbsps. butter
4 tbsps. flour
2 tsps. salt
 $2\frac{1}{2}$ cups milk

When thickened, remove from stove and add

$1\frac{1}{2}$ cups grated cheese

Place in a 3-quart casserole

6 medium size potatoes, sliced

Cover with hot, white sauce.

Bake uncovered in a moderate oven for 1 to $1\frac{1}{2}$ hours.

Serves six to eight. Arlene Lobert, Grandview

USE CO-OP CHEESE

POTATO PUFF

Beat together thoroughly

2 cups cold mashed potatoes
2 tps. melted butter
2 eggs
1 cup milk
1 tsp. salt

Bake in 350° oven until brown.

Helena Siemens, Altona

BAKED POTATO SURPRISE

Pare large potatoes with an apple corer, remove the centre leaving a hole running lengthwise through each potato. Fill the hollow with

chopped, seasoned, cooked ham

Put the filled potatoes in a bake dish.

Pour around them

thin white sauce

Cover closely and bake till the potatoes are tender.

Marie Siemens, Altona

SWEET POTATO SURPRISE

Mash

2 cups cooked sweet potatoes

Beat in

1 egg, beaten
1 tsp. salt
pepper to taste

Roll around marshmallows. Roll in crushed corn flakes.
Fry in deep hot fat until cornflakes are brown.

Helena Siemens, Altona

HUBBARD SQUASH BALLS

Beat together

1½ cups mashed, cooked Hubbard squash
1 beaten egg

Add and mix together thoroughly

2 cups soft bread crumbs
1 tsp. salt
pepper to taste

2 tbsps. orange juice
1 tsp. grated orange rind
1½ tbsps. chopped parsley

Pack into a bowl, cover and chill for at least two hours.
Shape into balls. Roll in

¾ cup crushed corn flakes

Place about two inches apart in a lightly greased, shallow baking pan. Sprinkle with melted fat. Bake in a moderate oven 350° for about 12 minutes until golden brown.

Serves four.

Minnie Isaacs, Winnipeg

USE CO-OP ORANGE JUICE

HARVARD BEETS

Cook in the usual manner

2 lbs. beets

Drain well. Remove stem ends and tails. Peel. Chop or slice as desired. Turn into top part of double boiler to keep warm while you are making sauce.

Mix together

1/4 cup sugar

1 tbsp. cornstarch

Turn into saucepan.

Add

1/4 cup water

1/4 cup vinegar

Heat, stirring constantly until sugar has dissolved. Bring to a boil; boil five minutes, stirring constantly.

Add

1 tbsp. butter

salt and pepper to taste

Pour sauce over beets and reheat.

Yield six servings.

Minnie Isaacs, Winnipeg

SWEET AND SOUR RED CABBAGE

Combine

1 red cabbage, shredded

2 apples, cubed

1/2 cup cider vinegar (or less)

1/4 cup brown sugar

1/4 cup water

1 tsp. salt

2 tbsps. salad oil

Cover tightly and steam until cabbage is tender, about 30 minutes.

Blanche Fraser, Winnipeg

BRAISED CELERY

Clean celery thoroughly, scrubbing with soft vegetable brush. Cut into lengths about 3 or 4 inches long.

Melt in a heavy frying pan

2 tbsps. butter or margarine

Add celery pieces and saute gently until lightly browned and somewhat tender. Stir and turn pieces of celery occasionally.

Add

1/2 cup water or meat stock

Cover pan. Continue to cook slowly until celery is tender. Drain and serve hot.

Minnie Isaacs, Winnipeg

USE CO-OP MARGARINE

CHEESE CORN

Heat in the top of a double boiler
1 20-oz. can cream corn

Add

1½ tbsps. butter
½ cup grated cheese
salt and pepper to taste

Stir until blended.

Yield five to six servings.

Minnie Isaacs, Winnipeg

RECIPE FOR LOWE FARM CO-OP LOCKERS

Ingredients—

| | |
|----------|--|
| 1 | 1950 idea |
| 140 | shareholders |
| 2 | years of deliberation and investigation |
| 1 | board of directors |
| 1 | thorough community canvass |
| \$10,500 | pledged investments |
| 1 | pinch of indigestion |
| 1 | loan from the credit union |
| 1 | decision for immediate action |
| 1 | loud call for redemption of pledges |
| 1 | charter |
| 1 | application for government subsidy |
| 1 | order for freezing equipment |
| 1 | plea for volunteer labor |
| 1 | foreman |
| 1 | dozen aspirins for directors |
| 1 | \$10,000 order: blocks, cement, plywood, etc. |

Method—

Combine the above with a few minor disputes, such gracious assistance and one goal for a period of six months. Cut ribbon and serve. Yield: 306 lockers.

USE CO-OP CORN

GRANDVIEW CO-OPERATIVE COMMUNITY

Any number of striking examples of co-operative activity are to be found in the community of Grandview, Manitoba, which is nestled between the Duck and Riding Mountains in the northwestern part of the province.

While there were no doubt many evidences of the co-operative principle of working one for all and all for one, in the district in very early days, the first of such organizations to come officially into operation was the local association of the United Grain Growers Limited in 1918.

Seven years later further evidence of this co-operative spirit is to be found in the formation of the Grandview Co-operative Elevator Association. Interest in this venture was so keen that according to local legend, one member, having taken his wife to town to visit while he attended an early meeting, quite forgot to pick her up and rode home, and made ready to turn in before he realized his forgetfulness.

That same year, 1925, saw the organization of the Poultry Marketing Association and the first Egg Grading Station. The first lot of poultry packing was done in the old Methodist Church while a sample room in the local hotel was the site of the first egg grading station.

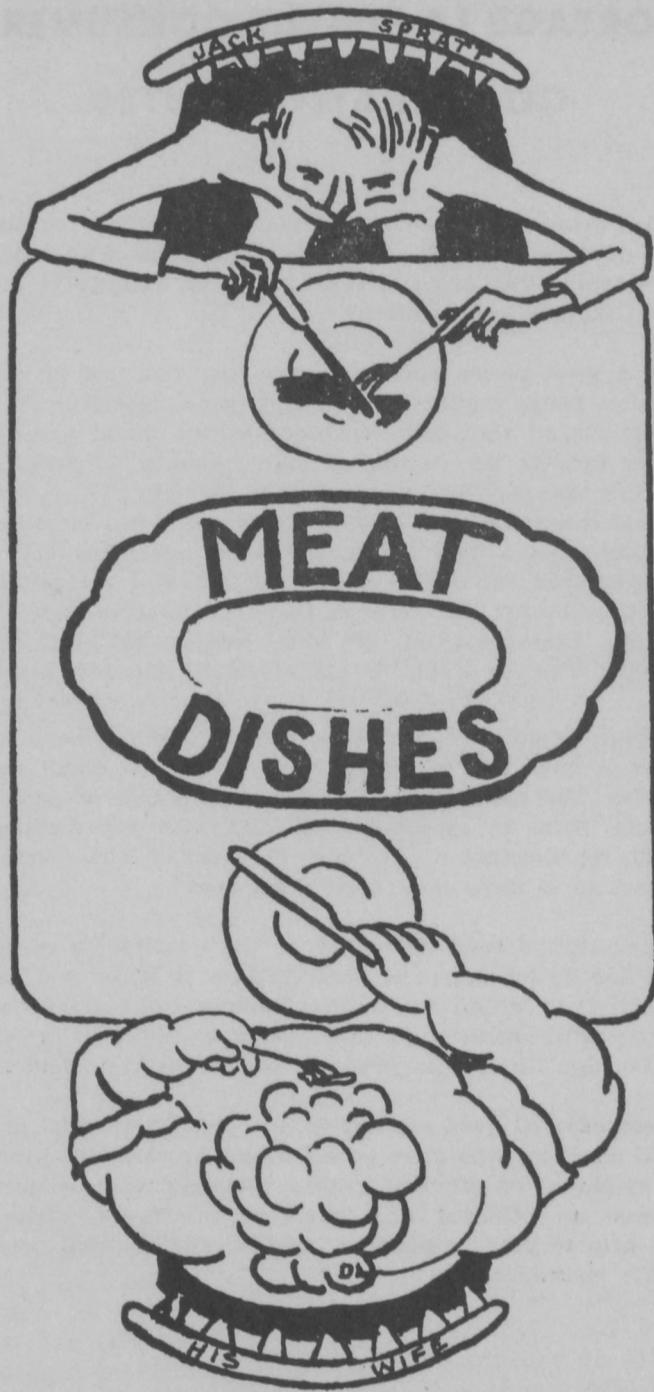
The next venture was into the field of marketing livestock through the Co-operative Livestock Association, organized in 1927.

Until this time activity in the co-operative field had been confined largely to the handling of primary produce. But, in 1928, with the organization of Grandview Consumer Co-operative first efforts were made into the field of consumer co-operation, which culminated in the organization of this local in 1931. This local Co-op has owned its present store since 1946 and in 1953 did oil business that neared a quarter of a million dollars in value. Retail store operations in the same year were substantially over one hundred thousand dollars.

The Canadian Co-operative Implements Limited have been represented in Grandview since 1939 and today there is a representative of Co-operative Life Insurance Company located there.

To the women of the district may go some share of the credit for the organization of the Grandview Credit Union for following their study in 1941 of the operation of credit unions one was formed within the district the following year. Later an office was established in Grandview.

Today all of these co-operative organizations are working for the members who own them—tangible evidence of the inherent desire within the men and women of a community to work with one another, for one another.



PORTAGE LA PRAIRIE CONSUMERS CO-OPERATIVE LIMITED

The Portage la Prairie Consumers Co-operative Limited began operations as an oil distribution centre with sales for 1941 reaching \$108,583 and resulting in an earning of \$15,163 in the first year of operations.

For a short period dividends were paid out just as earned, payments being made the following year. However, it soon became evident that some of the earnings would have to be held to provide for expansion and operating capital. From this time on earnings were held in the Revolving Surplus Fund for five years. This system does seem to provide adequate operating capital. This Co-op now sends out a dividend payment each year. In 1953 cheques for the total 1947 dividends amounting to \$31,700 were paid out. A total of \$186,586 in cash has been paid out to date leaving \$177,233 in the Revolving Surplus Fund to the credit of the members.

Portage Co-op now distributes agricultural implements and repairs, a good line of heavy hardware and a small line of groceries. The main business is the distribution of petroleum products. Sales in 1952 were \$695,643 with net earnings of \$60,120, representing a patronage dividend of 9 per cent. The membership is showing a steady increase.

It has always been the policy of the Portage Co-op to try to provide its fair share of contributions to social and charitable activities within the district. While many things affect the successful operation of this type of endeavor, it is evident that Portage Co-op was properly started by its founders.

It has enjoyed good support from its members, who in turn elected directors who gave conscientious service. The directors have employed an efficient general manager, who in turn has employed an efficient and interested staff for whom the Co-op help to provide pensions, medical and hospital coverage and life insurance.

BAKED BEEF ROUNDS

Mix together lightly

2 lbs. ground beef
1 cup soft bread crumbs
 $\frac{1}{2}$ cup ketchup
1 chopped onion
1 egg, slightly beaten
1 tsp. Worcestershire sauce
 $1\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper

Shape into rounds and place in a shallow baking pan.
Spoon around the patties

$\frac{1}{2}$ cup tomato juice

Cover with

onion rings

Bake uncovered in a moderate oven 350° for 1 hour.

Delza Longman, Winnipeg

HAMBURGER STEAK

Mix together

$1\frac{1}{4}$ lbs. ground beef
4 eggs
2 tbsps. chopped onion
2 tbsps. chopped pickled beets (optional)
1 cup cream
salt and pepper to taste
2 or 3 cups fresh boiled mashed potatoes

Shape hamburgers into rounds about the size of a small apple. Fry quickly in plenty of hot butter.

Margaret Braun, Lowe Farm

MOCK CHICKEN LEGS

Mix together

$\frac{1}{4}$ lb. ground steak
1 lb. ground veal
1 tsp. salt
 $\frac{1}{8}$ tsp. paprika
1 small onion, chopped
 $\frac{3}{4}$ tsp. poultry dressing
 $\frac{1}{4}$ cup crushed pineapple, drained

Shape like chicken legs around wooden skewers.

Roll in

bread crumbs

Dip in mixture of

1 lightly beaten egg
1 tbsp. water

Roll again in bread crumbs. Let stand 30 minutes in refrigerator. Brown in frying pan in hot fat, add a little water, reduce temperature, cover and let simmer 45 minutes.

Mrs. E. J. Gauthier, Flin Flon

USE CO-OP TOMATO JUICE

MEAT LOAF

Mix together

- 1 lb. hamburger or ground steak
- 1½ cups rolled oats
- ½ cup finely cut onion
- ½ cup finely cut celery
- dash of sage or poultry dressing
- 1 egg, slightly beaten
- 1 cup milk

Shape into a loaf.

Pour over this

- ½ cup tomato soup

Bake in a 350° oven 1½ hours.

Edna Robson, Deleau

MEAT LOAF WITH BARLEY

Mix together well

- ½ lb. minced pork steak
- 1 lb. minced round steak
- 1 tin tomato soup
- 1 egg
- 1½ cups boiled barley
- 1 tsp. salt
- ¼ tsp. pepper
- 1 medium onion, finely chopped

Pack into a greased loaf pan. Bake in a hot oven for 1 hour.

Serves six.

Helen Lawton, Flin Flon

HAM LOAF

Mix together well

- 1 lb. ground ham
- ½ lb. ground pork
- 1 cup bread crumbs
- 1 egg
- 1 tsp. pepper
- 1 tsp. poultry dressing seasoning

Form into a loaf.

Pour over the loaf

- ½ can tomato soup

Bake 1 hour at 350°.

Maude Sisson, Elm Creek

USE CO-OP TOMATO SOUP

BEEFSTEAK PIE

Brown in 4 tbsps. melted shortening
2 medium onions, sliced

Remove onions from pan.

Cut into small cubes

1½ lbs. round steak

Mix with

flour

Sprinkle with

salt and pepper

Brown in the melted shortening.

Add

2½ cups boiling water

1 tsp. Worcestershire sauce
cooked onions

Cover pan and simmer until meat is tender, about 1 hour.

Add

2 cups diced raw potatoes

Cook 10 minutes.

Place mixture in a baking dish and cover with a crust of
pastry

Bake in a hot oven 450° for five minutes, reduce to 350°
for 30 minutes.

Velma Hanson, Flin Flon

ROUND STEAK

Mix together

flour

salt and pepper

Dredge in the flour mixture

2 lbs. round steak cut thick

Brown in a little hot fat in a frying pan.

Spread with

thick condiment sauce

Cover with

2 onions, sliced

½ cup green relish

or 1 small green pepper, seeded and chopped

½ cup olives, chopped

or ½ cup diced celery

2½ cups canned tomatoes

Cover closely and simmer very gently until the meat is
tender (about 2 hours). Season during cooking with
salt and pepper

Add water if necessary. When meat is cooked, make a
gravy of the liquid and pour over the steak.

Lena Yurkiew, Grandview

USE CO-OP TOMATOES

BROWN STEW

Cut into 1½-inch cubes

2 lbs. beef chuck

Brown on all sides in heavy pan or Dutch oven in
2 tbsps. melted fat

Add

4 cups boiling water
1 tsp. lemon juice
1 tsp. Worcestershire sauce
1 clove garlic
1 medium onion, sliced
2 bay leaves
1 tbsp. salt
½ tsp. pepper
½ tsp. paprika
dash of allspice or cloves
1 tsp. sugar

Cover. Simmer for 2 hours, stirring occasionally to prevent sticking.

Add

6 carrots, quartered
12 small white onions
cubed potatoes (if desired)

Continue cooking 20 to 30 minutes or until vegetables are all done. Remove meat and vegetables and thicken liquid for gravy.

Serves six to eight.

Minnie Isaacs, Winnipeg

SWISS STEAK

Mix together

½ cup flour (or more)
1 tsp. salt
few grains pepper

Dredge in the flour mixture

2 lbs. round or flank steak

Pound as much as possible into the meat with the edge of a heavy plate.

Melt in a heavy pan

4 tbsps. fat

Sear meat well in the hot fat on both sides.

Add

1 onion, sliced
small amount boiling water

Cover tightly and simmer for 2 to 2½ hours. One cup canned tomatoes may be used in place of water.

Tina Loewen, Altona

USE CO-OP FLOUR

BRAISED SHORT RIBS

Dredge in flour
3 lbs. short ribs, beef

Season with
2 tbsps. salt
1/4 tsp. pepper

Brown on all sides in a heavy pan or Dutch oven in
2 tbsps. melted fat

Add
1 cup boiling water
1 cup cooked tomatoes
1 clove garlic

Cover and cook slowly for about 1 1/2 hours.

Add
6 medium potatoes
12 small white onions
6 medium sized carrots

Cook about 30 minutes longer or until vegetables and
meat are tender. Thicken gravy with flour and water paste.
Cook until thickened, stirring constantly.

Serves six. Minnie Isaacs, Winnipeg

SWEET AND SOUR SPARERIBS

Wipe with a damp cloth and place in a saucepan
2 lbs. spareribs, cut into 2-inch pieces

Cover with water, cover and cook about 1 hour or until
tender.

Drain and brown in
1 tbsp. melted shortening

Combine
2 tbsps. brown sugar
2 tbsps. cornstarch
1/2 tsp. salt
1/4 cup vinegar
1 cup pineapple juice
1 tbsp. soya sauce
1 bouillon cube, dissolved in
1/4 cup boiling water (optional)

Cook, stirring constantly, until thickened.

Pour sauce over spareribs, cook for five minutes.

Serves six. Minnie Isaacs, Winnipeg

USE CO-OP CANNED VEGETABLES

SWEET SOUR POT ROAST

Rub with salt and pepper

3 to 5 lb. beef pot roast

Brown in a heavy kettle in

2 tbsps. melted fat

Add and cook until yellow and transparent

1/2 cup onion, sliced

Add

1 cup vinegar

3/4 cup brown sugar, firmly packed

1/4 tsp. nutmeg

Cover tightly and simmer 3 to 3 1/2 hours or until tender when tried with fork. Thicken liquid for gravy if desired.

Minnie Isaacs, Winnipeg

SEVEN LAYER DINNER

Place in a 9-inch casserole in layers

raw potatoes, sliced thinly

sliced onions

sliced carrots

1/4 cup uncooked rice, sprinkled over

1 tin peas with juice

1 to 1 1/2 pork sausages (meat balls may be substituted for sausages but should be slightly browned first)

1 tin tomato soup which has been diluted with one tin of water

Bake in a moderate oven 2 hours, having the casserole covered for the first hour.

Mary Thoren, Erickson
Leona Doerksen, Lowe Farm

SAUSAGE ROLLS DELUXE

Fry until well browned

16 sausages

Make a biscuit dough of

2 cups sifted flour

2 tbsps. baking powder

1/2 tsp. salt

4 tbsps. shortening

3/4 cup milk

Roll out, cut into squares. Roll each sausage in a square of dough. Bake in a moderate oven.

Blanche Duncanson, Flin Flon

USE CO-OP TOMATO SOUP

THREE-IN-ONE DINNER

Put in the bottom of a casserole

1 can kernel corn
1 3/4 cups bread crumbs soaked in
1/4 cup milk
1 egg
2 tsps. chopped onion
salt and pepper to taste
1/2 tsp. poultry seasoning
1 tbsp. melted butter

Place over this

5 pork chops, browned and seasoned
1 quart sliced potatoes
butter
1 1/2 tsps. salt and pepper
1 1/2 cups milk

Bake in a moderate oven for 1 1/2 hours.

Sadie Hanson, Erickson

SPARERIBS IN A PRESSURE COOKER

Heat 1 tbsp. fat in pressure cooker. Brown ribs on both sides, pour sauce over ribs, cook at 15 lbs. pressure for 20 minutes.

Serves six.

Minnie Isaacs, Winnipeg

ROAST PORK WITH SAUERKRAUT

Wipe with a damp cloth

5 lb. loin of pork (shoulder, leg or spareribs can be used)

Cut gashes in the fat side and insert thin slices of
1 small onion

Rub meat well with

2 tsps. salt
1 tsp. sage
1/4 tsp. pepper

Place fat side up on a rack in an open roasting pan in a moderate oven. Cook steadily, allowing about 35 minutes per pound (longer for leg or shoulder).

About 45 minutes before the meat is done, place around the pan

4 cups sauerkraut

Add

1/4 cup water

Continue to cook, basting meat occasionally with the juice from the sauerkraut.

Marie Siemens, Altona

USE CO-OP CORN

SPAGHETTI PORK CHOPS

Wipe and flour

6 lean pork chops

Season with

salt and pepper

Brown well in hot dripping, turn and brown until rich brown.

Add and cook until tender but not brown

4 medium onions, sliced

Add

1 pint canned tomatoes

Cover closely and simmer gently for one hour until chops are very tender.

Meanwhile, cook in boiling, salted water

2 cups spaghetti

Drain well. When chops are cooked, lift them out and keep warm. Add spaghetti to sauce in the pan and

1/2 cup grated cheese

Cook, stirring constantly, until spaghetti is well flavored and seasoned. Turn onto a large platter and arrange the chops over the top.

Serve with a crisp green salad for dinner.

Mary Miller, Elm Creek

BAKED SQUASH AND PORK CHOPS

Brown in 2 tbsps. melted butter

4 shoulder pork chops

Remove chops and make a thin gravy by adding

1/2 cup water

Slice into very thin slices

meat from two medium-sized squash

Place in a casserole in layers half of the

slices of squash

2 apples, thinly sliced

3 thin slices onion, chopped

3 tbsps. brown sugar

Put in the pork chops and season with

salt and pepper

Add layers of the remaining ingredients and moisten with thin pork gravy.

Bake in a moderate oven 350° for about 1 1/2 hours. Make sure to cover it tightly while cooking.

Serves four.

Minnie Isaacs, Winnipeg

USE CO-OP TOMATOES

GERMAN PORK CHOPS

Wipe and flour

8 pork chops

Brown in a hot skillet in melted drippings.

Add

1/2 cup milk or water

Cover closely. Cook slowly for 45 to 50 minutes until they are very tender.

Mix together

4 cups sauerkraut

salt and pepper to taste

1/2 tsp. caraway seed

Cover with water and simmer for about 45 minutes.

When cooked, drain off most of the water and add

4 tbsps. drippings (from pork chops)

Heat again, turn onto a large platter and arrange chops over the top. Serve with Dutch potatoes.

Marie Siemens, Altona

JELLIED TONGUE

Wash tongue well, put in a pot and add

water, just to cover

bay leaf

celery tops

onion

carrot, a few pieces

whole cloves or peppercorns

Simmer until tender, then skin and trim off butt. Cool.

Make slices of solid part and shred or cube remainder.

Line mold with slices, and if desired place in the bottom slices of hard-cooked egg

Fill with chopped parts of tongue. Strain fat from stock. Reheat

2 cups stock

onion

bay leaf, etc.

Simmer for about 30 minutes.

Add

1 pkg. gelatin, softened

1 tbsp. vinegar

Strain over tongue. Chill.

Mayonnaise with sweet or sour relish makes a good sauce.

Elsie Putt, Altona

USE CO-OP EVAPORATED MILK

CHICKEN PAPRIKA

Cut into serving pieces, wash and wipe dry
4 lb. chicken (young)

Season with
salt, pepper, paprika

Dredge with
flour

Melt in an iron frying pan
2 tbsps. fat

Brown each piece of chicken in fat. Place in a small roaster.

Add

1 cup cream
1 medium onion (if desired)

Bake in a moderate oven 350° until cooked.

Susan Harder, Lowe Farm

FOWL LUSCIOUS

Disjoint a boiling fowl and rub with a mixture of
flour
salt
pepper

Brown in hot fat, in a skillet, remove fowl, drain off excess fat, then fill skillet three-quarter full of water.

Add
1/4 tsp. mustard seed
2 doz. whole cloves

Simmer for 10 minutes.

Using a large covered roasting pan cover the bottom of the pan generously with a layer of
onions, cut up

Place browned fowl over this, then sprinkle over it
juice of 1 lemon

Cover with
onions, sliced
water from skillet, drained to cover fowl

Place in a medium oven or slower, if there is time. Cook for 3½ to 4 hours, until tender.

Really delicious.

Frances Metcalfe, Winnipeg

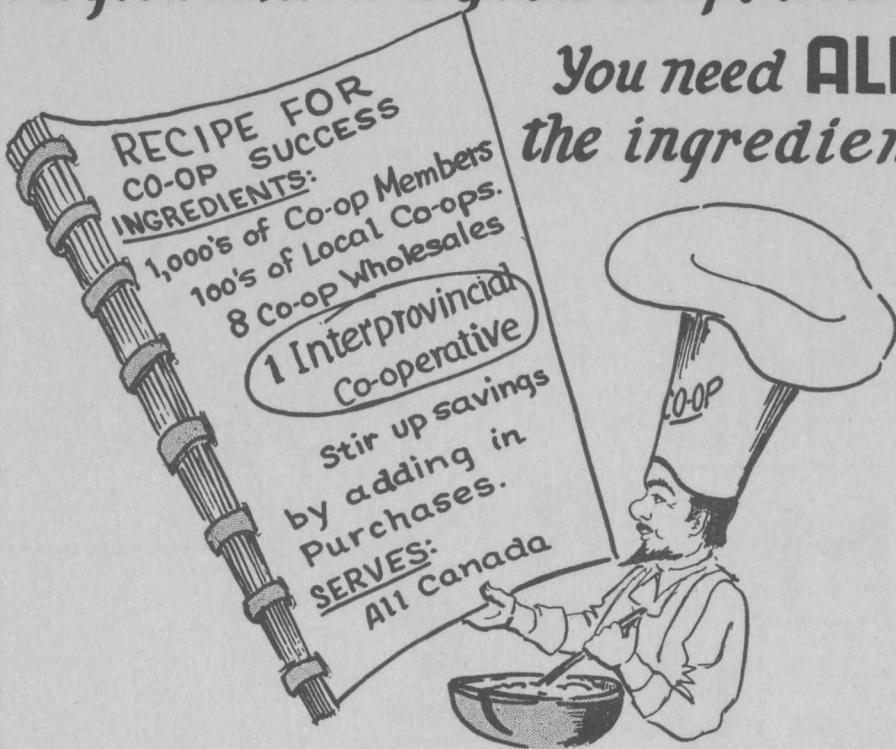
USE CO-OP FLOUR

Breads, Muffins

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For a good cake or a good Co-op Movement

*You need ALL
the ingredients*



CO-OP MEMBERS NEED CONSUMER CO-OPS

Reason: To obtain goods "at cost" and to build better communities.

CONSUMER CO-OPS NEED CO-OP WHOLESALES

Reason: Volume buying produces more savings.

CO-OP WHOLESALES NEED AN INTERPROVINCIAL CO-OP

Reason: Consumers cannot control price and quality until they themselves own manufacturing plants and pool their buying.

Interprovincial Co-operatives Ltd. was founded in 1940. Its sales to regional wholesales in 1953 were \$12,500,000. Its savings go back to the consumer — from Interprovincial to Wholesale to local Co-op to YOU.

BUILDING AND BUYING FOR CANADA'S CO-OPS

INTERPROVINCIAL CO-OPERATIVES LIMITED

Head Office: Winnipeg, Manitoba

SCONES

Mix together

1 cup white sugar
2 eggs, beaten

Save quarter of this mixture to spread on top of the scones.

Sift together

4 cups flour
2 tps. baking powder
1 tsp. soda
1/2 tsp. salt

Add

egg and sugar mixture
2 cups sour cream
raisins, if desired

Mix lightly, roll to 1/2-inch thickness and spread with sugar and egg. Cut into triangles. Bake on a well greased cookie sheet in a hot oven 400° until slightly browned.

Florence Endall, Minnedosa

OATMEAL MUFFINS

Cream together

1/2 cup butter
1 cup brown sugar

Beat in

1 egg

Add

1 cup rolled oats

Sift together

2 cups sifted flour
1 tsp. baking powder

Stir into 1 cup sour milk

1 tsp. soda

Add milk and flour alternately to the butter and sugar. Bake in a moderate oven for about 20 minutes.

Shirley Wilton, Minnedosa

JAM MUFFINS

Sift together

2 cups sifted flour
2 tps. baking powder
1/2 tsp. salt
2 tbsps. sugar

Cut in

1/2 cup shortening

Stir in

2 eggs, well beaten
1/3 cup milk, to make a soft dough

Roll thin, cut in 3-inch squares, spread each square with jam (or mincemeat)

Fold corners to centre. Bake in muffin tins at 350° for 12 to 15 minutes.

Delza Longman, Winnipeg

USE CO-OP QUICK COOKING ROLLED OATS

ALL BRAN DATE MUFFINS

Cream together thoroughly

2 tbsps. shortening

1/4 cup sugar

Add and beat in well

1 cup sour milk

3 tbsps. molasses

1 egg

Add and let soak until most of the moisture is taken up

2 cups all bran

Sift together

1 cup flour

1 tsp. baking powder

1/2 tsp. soda

1/2 tsp. salt

1 tsp. ground ginger

Add to the first mixture with

1/2 cup chopped dates

Stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in a moderately hot oven 400° about 25 minutes.

Yield: 18 muffins.

Marie Siemens, Altona

APPLE SUGAR MUFFINS

Sift together

2 cups sifted flour

1/2 cup sugar

3 1/2 tps. baking powder

salt

Make a well and pour in

4 tbsps. melted shortening

1 cup milk

1 egg, beaten

Mix lightly until just blended.

Add

1 cup apples, peeled and cut fine

Pour into muffin tins. Sprinkle over the top of each muffin, part of a mixture of

2 tbsps. sugar

1 tsp. cinnamon

Bake in a 400° oven for about 25 minutes (or less).

Margaret Robson, Winnipeg

USE CO-OP FLOUR

CREAM DROP BISCUITS

Sift together

2 cups sifted flour
2 tsps. baking powder
1/2 tsp. salt

Gradually mix in

1 1/3 cups cream

Mix well, to form a fairly stiff dough. Drop from teaspoon on a greased baking sheet. Bake in a hot oven for 15 to 18 minutes.

Mabel McMillan, Minnedosa

PRUNE NUT BREAD

Cream together until light and creamy

1 cup shortening
1/4 cup, 2 tbsps. brown sugar, firmly packed

Add

1 egg, beaten
1 cup rolled oats

Sift together

2 cups sifted flour
2 tsps. baking powder
3/4 tsp. baking soda
1 1/2 tsps. salt

Add alternately to the shortening mixture with

1 1/2 cups buttermilk or sour milk

Drop batter by tablespoonfuls into a greased and floured loaf pan 9x5x3 inches, sprinkling between spoonfuls

1/2 cup walnuts
3/4 cup pitted, dried or cooked prunes, chopped

Put a few whole prunes on top of the loaf. Bake in a moderate oven 350° for 1 1/4 hours or until done.

Minnie Isaacs, Winnipeg

BANANA ALL BRAN NUT BREAD

Cream together

1/4 cup shortening
1/2 cup sugar

Add

1 egg, beaten
1 cup all bran
1 1/2 cups mashed bananas
1 tsp. vanilla

Sift together and stir in

1 1/2 cups sifted flour
2 tsps. baking powder
1/2 tsp. soda
1/2 tsp. salt

Add

1/2 cup chopped nuts

Turn into a greased loaf pan and bake in a 375° oven for 1 hour.

Sadie Hanson, Erickson

USE CO-OP QUICK COOKING ROLLED OATS

APRICOT NUT BREAD

Soak overnight

$\frac{1}{2}$ lb. dried apricots, chopped fine

Simmer until tender.

Sift together

3 cups sifted flour

1 cup sugar

4 tsps. baking powder

$\frac{1}{2}$ tsp. soda

1 tsp. salt

Make a well and pour in

2 tbsps. melted shortening

1 egg, beaten

$1\frac{1}{2}$ cups milk

Fold in

1 cup chopped nuts

drained apricots

Turn into well greased loaf pans and bake in a moderate oven for 1 hour.

Tina Braun, Lowe Farm

SUNDAY MORNING BREAKFAST CAKE

Beat together

2 eggs

$\frac{3}{4}$ cup sugar

1 tsp. vanilla

Sift together and add

1 cup sifted flour

1 tsp. baking powder

$\frac{1}{4}$ tsp. salt

Combine and add

$\frac{1}{2}$ cup hot milk

1 tbsp. butter

Turn into a 10-inch square pan and bake at 350° for 25 minutes.

While still warm sprinkle with mixture of

$\frac{1}{4}$ cup butter

$\frac{2}{3}$ cup brown sugar

2 tbsps. evaporated milk

1 cup nut meats

pinch salt

Brown under the broiler.

Marie Siemens, Altona

USE CO-OP EVAPORATED MILK

GERMAN COFFEE CAKE

Sift together

2 cups flour
3/4 cup sugar
1/4 tsp. nutmeg
1/4 tsp. cinnamon
1 tsp. salt
4 tsps. baking powder

Work in with a knife

1/4 cup shortening

Add

2 eggs, unbeaten
1 cup milk

Stir until smooth.

Pour into two small round or square pans or one larger oblong 8x12 inches, greased.

Cover with the following mixture, which has been blended with a fork

1/4 cup shortening
1 cup brown sugar
4 tbsps. flour
1/2 tsp. cinnamon
1/8 tsp. salt

Sprinkle with

1 cup coarsely chopped nuts

Bake 30 minutes in a moderate 350°.

Elsie Putt, Altona

DATE LOAF

Sprinkle over 1 cup chopped dates

1 tsp. baking soda

Add

1 1/2 cups boiling water

Cream together

4 tbsps. butter

1 cup brown sugar

Beat in

1 egg
vanilla

Sift together and add

2 1/2 cups sifted flour

1 tsp. baking powder

When date mixture is cool add this to the batter. Turn into a greased loaf tin and bake in a moderate oven for about 1 hour.

Christie Dickie, Minnedosa

USE CO-OP FLOUR

REFRIGERATOR ROLLS

Dissolve in $\frac{1}{2}$ cup lukewarm water

$\frac{1}{2}$ cup sugar

Sprinkle over the top

2 pkgs. fast rising yeast

Let stand 10 minutes before stirring.

Sift together

8 cups sifted flour

1 tbsp. salt

Combine

2 cups lukewarm water

2 eggs, beaten

dissolved yeast

Gradually beat in half of the flour.

Then add

2 tbsps. melted shortening

Gradually beat in the rest of the flour and knead the dough on a lightly floured board until smooth. Place dough in a greased bowl, brush the top with melted butter or shortening and cover closely. Keep in a refrigerator or ice box until needed. Cut off the amount of dough required and shape into rolls. Let rise in a warm place until light. Bake in a moderate oven 375° to 400°. This dough may be kept six to seven days in the refrigerator.

Edith Isford, Baldur

BUTTER HORN ROLLS

Work together to form a liquid

1 compressed yeast cake

1 tbsp. sugar

Add

1 cup lukewarm milk

$\frac{1}{4}$ cup sugar

$\frac{1}{2}$ cup butter and lard, mixed

2 well beaten eggs

1 tbsp. salt

flour to make a soft dough

Put in a greased bowl, covered to rise overnight. In the morning divide into four parts and roll each out to the size of a pie crust. Cut into eight wedges and roll so that the narrow part is on the outside. Set on a greased pan, let rise, then bake in a moderate oven about 15 minutes.

Sarah Reimer, Altona

USE CO-OP EVAPORATED MILK

QUICK ROLLS

Dissolve in $\frac{1}{4}$ cup warm water

1 tsp. sugar

Sprinkle over the top

1 pkg. dry yeast

Let stand for 10 minutes before stirring.

Cream together

6 tbsps. shortening

$\frac{1}{4}$ cup sugar

Beat in well

1 egg, beaten

Add

yeast mixture

1 cup warm milk

Sift together

2 cups sifted flour

$1\frac{1}{2}$ tsps. salt

Beat thoroughly, then add

2 cups sifted flour

Put in a greased bowl and cover. Let rise until double in bulk. Punch down. Divide dough in half. Shape one half into rolls, brush with melted shortening. Let rise one hour. Bake in a 425° oven for 15 to 20 minutes.

VARIATION—CINNAMON ROLLS

Roll the other half of the dough into rectangles.

Spread with

softened butter

$\frac{2}{3}$ cup brown sugar

$\frac{1}{2}$ cup raisins

Sprinkle with

cinnamon

Roll up, cut into slices. Place on a baking pan. Let rise until double in bulk. Bake in a hot oven.

Spread with a mixture of

$\frac{1}{2}$ cup icing sugar

2 tsps. milk

1 tsp. vanilla

Kathleen Campbell, Creighton, Saskatchewan

STEAMED BROWN BREAD

Mix together

$1\frac{1}{2}$ cups graham flour

$\frac{3}{4}$ cup cornmeal

2 tsps. baking powder

$\frac{1}{2}$ tsp. soda

$\frac{1}{2}$ tsp. salt

Add

$\frac{1}{2}$ cup raisins

$\frac{1}{4}$ cup molasses

1 $\frac{1}{3}$ cups milk

Turn into a greased mold (4-lb. honey pail). Steam for 3 hours.

Edna Joelson, Baldur

USE CO-OP VANILLA

SOUR CREAM BUNS

Dissolve in $\frac{1}{2}$ cup lukewarm water

1 tsp. sugar

Sprinkle with

1 envelope dry yeast

Let stand 10 minutes before stirring.

Mix together and scald

1 $\frac{1}{2}$ cups milk

$\frac{1}{2}$ cup granulated sugar

2 tsps. salt

$\frac{1}{4}$ cup butter

Cool to lukewarm.

Combine

$\frac{1}{2}$ cup cold mashed potatoes, sieved

2 egg yolks

$\frac{1}{2}$ cup sour cream

Add to milk with yeast and

flour to make a soft dough

Let rise until double in bulk. Punch down. Let rise again for 30 minutes. Roll out and cut into rounds. Place well apart in a pan.

Brush tops with

egg white, stiffly beaten

Sprinkle with sugar. Let rise until double in bulk. Bake at 425° for 15 minutes.

Gladys Proven, Minnedosa

OATMEAL BUNS

Pour over $\frac{3}{4}$ cup oatmeal

1 cup boiling water

Stir constantly.

Scald and cool to lukewarm

$\frac{3}{4}$ cup milk

2 tbsps. sugar

$1\frac{1}{2}$ tsps. salt

2 tbsps. molasses

3 tbsps. shortening

Dissolve in $\frac{1}{2}$ cup lukewarm water

1 tsp. sugar

Sprinkle over it

1 envelope yeast

Let stand for 10 minutes before stirring.

Add oatmeal and lukewarm milk mixture to the yeast and stir in

2 cups sifted flour

Beat until smooth, then work in

2 2/3 cups sifted flour

raisins or peel, if desired

Knead well. Cover and let rise until doubled in bulk. Cut and knead into smooth balls. Grease tops. Let rise until doubled in bulk. Bake in a moderately hot oven.

Minnie Proven, Minnedosa

USE CO-OP QUICK COOKING ROLLED OATS

PECAN ROLLS

Using a warmed dish (china or crockery)

To 1 cup lukewarm water

Add

2 tsps. sugar

Sprinkle over the water

2 envelopes quick acting yeast

Allow to stand for 10 minutes, then stir.

Make a batter of

6 tbsps. shortening

1/2 cup sugar

1 tsp. salt

1 cup milk

2 cups flour

Mix in thoroughly

softened yeast

3 eggs, beaten

Add to make a soft dough

5 cups flour

Knead well and place in a warm bowl. Allow to rise about 2 hours in a warm place.

When dough is light, ease from bowl onto a lightly floured board and press out air bubbles with light motions of rolling pin. Roll to about half-inch thickness. Divide into three portions with a sharp knife. Spread each piece with

butter

brown sugar

cinnamon

Roll up lengthwise, tightly and cut into one-inch pieces.

Make a syrup of

1/2 cup brown sugar

melted butter

hot water

Pour into a baking pan and sprinkle with

cherries

nuts

Place the buns in the pan, cover and let rise for about 1 hour. Bake in a hot oven 425° for about 20 minutes.

These are especially nice when baked in muffin pans.

Florence Endall, Minnedosa

USE CO-OP FLOUR

KNOBBY FRUIT LOAVES

Mix together and scald

1½ cups milk
2/3 cup sugar
2 tsps. salt
½ cup shortening

Cool to lukewarm.

Measure into a large bowl

2/3 cup lukewarm water

Stir in, until dissolved

3 tsps. sugar

Sprinkle over this

3 pkgs. fast rising yeast

Let stand 10 minutes before stirring.

Add

lukewarm milk mixture
2 well beaten eggs
1/3 cup maraschino cherry syrup
1 tsp. almond extract

Stir in

4 cups sifted bread flour

Beat until smooth, then work in

2 cups seedless raisins
1 cup currants
1 cup chopped, candied peel
1 cup sliced maraschino cherries
1 cup broken walnuts

Work in

3 2/3 cups sifted flour

Knead on a floured board until smooth and elastic.

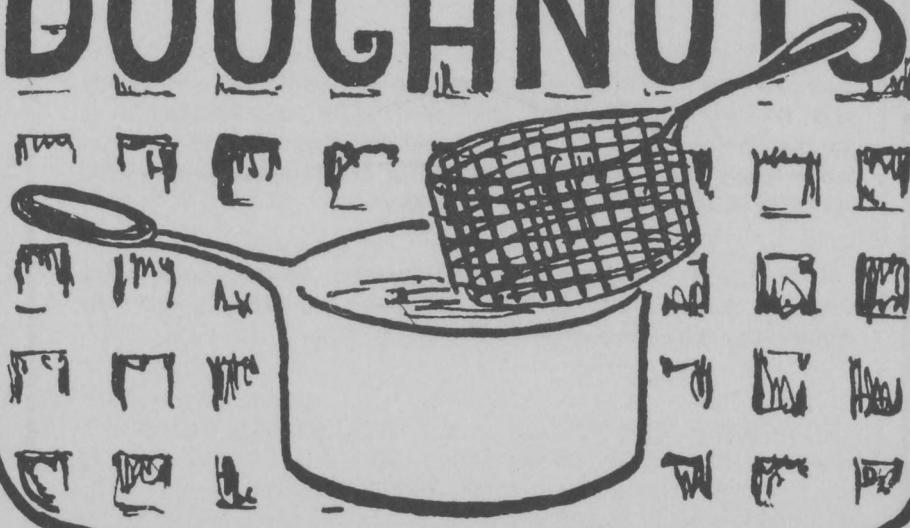
Cover and let rise until doubled in bulk.

This is now ready to form into loaves, plain or knobby loaves by arranging balls of dough in a pan to form a knobby loaf.

Lila Love, Elm Creek

USE CO-OP MIXED PEEL

CHEESECAKES
PANCAKES
FRITTERS
WAFFLES
DOUGHNUTS



Pancakes, Fritters, Waffles, Doughnuts

MOLINE CO-OPERATIVE LIMITED

The first society to become affiliated with the Manitoba Co-operative Wholesale Limited, the Moline Co-operative Limited celebrates its fortieth anniversary in 1954.

For a number of years farmers in the district had been buying fence posts, flour and apples in carload lots and distributing them on a co-operative basis. In March, 1914, nine men met and formed the Moline Grain Growers Co-operative. It was known by this name for only seven days.

In December, 1914, an old schoolhouse was purchased and moved onto the C.N.R. siding. The Association used this building as its store until 1920 when the present two-storey building, with full-sized basement, was erected. Since then an oil storage warehouse and tank, a double garage with a storeroom above and a manager's house have been acquired.

That the association's finances were very limited in these early days is clearly evident from the minutes of a directors' meeting held February 14, 1916. At that time it was decided to issue two cheques to the manager—one for \$75.00 and the other for \$108.00. The second cheque was not to be cashed "unless actually needed" until December, 1916.

The minutes of this same meeting report that the secretary was instructed to prepare a circular regarding the policy and financial position of the association and distribute it among the residents of the surrounding district. Still in existence today and operating successfully, the Moline Co-operative operates a store and an oils department.

It is further proof that working together in the co-operative way can benefit—not only the members individually but the community as a whole.

PANCAKES

Mix and sift together

1 cup sifted flour
1/4 tsp. salt
2 tbsps. sugar
2 tbsps. baking powder

Combine

3/4 cup and 2 tbsps. milk
1 egg
2 tbsps. melted fat or cooking oil

Make a well in the dry ingredients, add the liquid ingredients and combine. Brown on a hot, lightly greased griddle or frying pan.

Serve hot, for breakfast, lunch or as a tasty evening snack.

About 12 pancakes.

Susan Harder, Lowe Farm

PANCAKES

Beat together

3 eggs
1 tsp. water

Add and beat until thick like whipped cream

1/2 cup white sugar

Add

1 cup milk

Sift together and add to liquid ingredients

1 to 1 1/2 cups sifted flour
1/2 tsp. salt
2 tbsps. baking powder

Fry in lightly greased pan until golden brown.

Ena Saddemyer, Flin Flon

GRIDDLE CAKES OR FLAP JACKS

Mix and sift together

2 cups flour
1 tsp. salt
1 tsp. baking soda

Mix together and add to dry ingredients

2 eggs
1 1/2 cups sour milk or buttermilk, to make a thin batter

Beat until smooth.

Pour on a hot greased griddle or frying pan. Cook until golden brown on one side, turn and cook on the other side. These are very delicious served with butter and syrup.

Agatha Enns, Lowe Farm

USE CO-OP FLOUR

✓ WHOLE WHEAT PANCAKES

Mix together

2 beaten egg yolks
1 1/8 cups milk (approximately enough for a thin batter)

Sift together and add quickly to liquid ingredients

1 cup whole wheat flour
1/2 tsp. salt
2 tsps. baking powder

Fold in

2 beaten egg whites

Pour on hot greased griddle and turn when bubbles appear.
Very tasty and nourishing.

Nena Woodward, Winnipeg

ECONOMY WAFFLES

Sift together into a mixing bowl

2 cups sifted flour
2 tbsps. sugar
3 tsps. baking powder
1/2 tsp. salt

Mix together and add to dry ingredients

1 1/2 cups milk
2 beaten egg yolks

Beat until batter is smooth and add

6 tbsps. melted butter

Fold in

2 stiffly beaten egg whites

Margaret Braun, Lowe Farm

CORN FRITTERS

Heat cooking oil to 360°.

Beat together

1 No. 2 can cream style corn
2 eggs
1 1/4 tsps. salt
2 tbsps. sugar

Sift together

2 cups sifted flour
4 tsps. baking powder

Stir into corn mixture mixing enough to moisten flour.

Drop by tablespoonfuls into hot oil (keep temperature of oil between 350° and 360°). Fry about 6 minutes turning fritters once.

Yield: about six dozen.

Harriet Lee, Erickson

USE CO-OP WHOLE WHEAT FLOUR

SOUTHERN APPLE FRITTERS

Combine

1 cup milk
2 eggs, beaten

Mix in thoroughly

2 tbsps. sugar
2 tbsps. melted butter
 $\frac{1}{4}$ tsp. salt
dash of cinnamon

Sift together and add

2 cups sifted flour
2 tbsps. baking powder

Stir in

4 chopped apples

Fry in deep fat and sprinkle with powdered sugar.

Marie Siemens, Altona

RAISED DOUGHNUTS

Mix together

$\frac{1}{2}$ cup lukewarm water
1 tbsp. sugar

Sprinkle over this and let stand 10 minutes

1 pkg. dry yeast

Mix together

1 cup scalded milk
 $\frac{1}{2}$ cup sugar
 $\frac{1}{3}$ cup shortening
 $1\frac{1}{2}$ tsp. salt

Cool to lukewarm and add

dissolved yeast

2 beaten eggs

enough flour to make a soft dough

Let rise in a greased bowl for 1 hour. Roll out, cut and let rise for a half hour. Fry in deep fat or oil heated to 380° and glaze.

GLAZE

Boil together for 5 minutes

1 cup sugar
 $\frac{1}{4}$ cup water

Add

1 tsp. vanilla

Margaret Johnson, Baldur

VARIATION—BERLIN DOUGHNUTS

After the dough has risen, roll out, cut with a cookie cutter into rounds, place a spoonful of jam between two rounds, press around edges to seal and let rise before frying.

Florence Fehr, Altona

USE CO-OP VANILLA

SOUR CREAM DOUGHNUTS

Mix together

$\frac{3}{4}$ cup thin sour cream

2 well beaten eggs

$\frac{1}{2}$ cup brown sugar

Sift together and add to liquid ingredients

$2\frac{1}{4}$ cups sifted flour

1 tsp. baking soda

1 tsp. salt

1 tsp. nutmeg

Roll out dough to quarter-inch thickness. Cut with a doughnut cutter. Fry in deep fat or oil heated to 264°.

Gladys Proven, Minnedosa

DOUGHNUTS

Measure into a bowl

$\frac{1}{2}$ cup sugar

1 tsp. salt

Cream in

5 tbsps. butter

or $\frac{1}{4}$ cup salad and cooking oil

Stir in

1 egg, unbeaten

1 cup buttermilk (or sour milk)

$\frac{1}{2}$ tsp. vanilla

Sift together and stir in, in four or five portions, to make a soft dough

4 cups sifted flour

1 tsp. baking powder

$\frac{1}{2}$ tsp. soda

Turn out onto a lightly floured board. Roll half inch thick, cut with a floured doughnut cutter. Deep fry in melted shortening or cooking oil heated to 370° (hot enough to brown a cube of bread in 60 seconds). Fry until golden brown, turning once during frying. Drain on absorbent paper. Cool, dust with confectioner's sugar.

Florence Fehr, Altona

FRENCH TOAST

Mix to form a paste

$\frac{1}{4}$ cup flour

$\frac{1}{4}$ cup milk

salt and pepper to taste

Add

2 or 3 eggs

Beat together with an egg beater and add

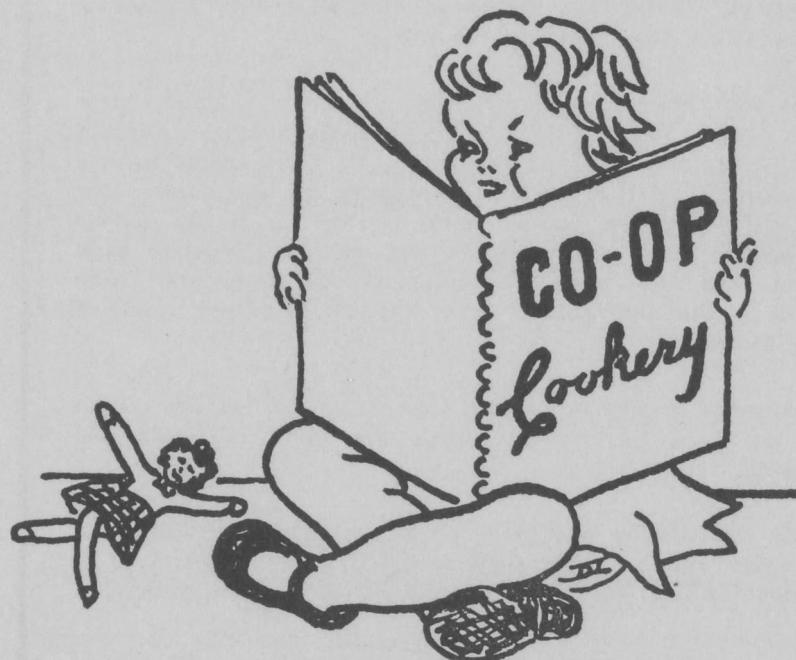
$\frac{1}{4}$ cup milk

Dip slices of bread in this mixture and fry in butter. Serve with lemon sauce or corn syrup.

Irene Rempel, Lowe Farm

USE CO-OP BREAD

DESSERTS and PAstry



What? No mud pie?

MINNEDOSA CONSUMERS CO-OPERATIVE

A local co-operative that has shown a remarkable growth over recent years is located at Minnedosa, Manitoba. Since 1945 this co-operative's assets have risen steadily from \$32,026 to reach \$150,000. Prior to 1945 development had been steady but not outstanding.

The association was organized in 1929 with share capital of \$2,190 and the charter granted March 13, 1929. An amalgamation of Clanwilliam, Basswood and Minnedosa Consumer Co-operatives took place in the fall of 1951.

The association handles gasoline, coal, farm supplies, hardware, lumber, machinery, building products, cement, household ware, flour, groceries and dry goods. Its fixed assets include a store building with attached warehouse, six coal sheds, flour shed, oil warehouse, lumber yard, storage for 50,000 gallons of gasoline and four trucks as well as a 2,300-gallon tank wagon. The most recent addition to the Minnedosa Co-op service is the new lumber yard with an inventory value of some \$15,000.

Patronage dividends to the amount of \$40,000 have been paid out to a membership which now numbers nearly one thousand.

This co-operative has made an outstanding contribution to the development of the district through the support of a membership fully aware of the value of co-operative principles.

DESSERT

Mix together

1 cup sugar
3 tbsps. flour

Add

2 egg yolks
1 cup milk

Put over direct heat or in the top of a double boiler and bring to a boil stirring constantly.

Cool and fold in

juice of 1 lemon
2 egg whites, stiffly beaten

VARIATIONS

You may fold in

orange juice
chopped fruit
mashed bananas

Christie Dickie, Minnedosa

RHUBARB WHIP

Soak in $\frac{1}{4}$ cup cold water

$1\frac{1}{2}$ tbsps. gelatin

Add to

2 cups hot, stewed, sweetened rhubarb

Stir until dissolved and add

1 tbsp. lemon juice

Chill until partially set.

Beat together until stiff

2 egg whites
pinch of salt

Add jellied mixture and continue to beat.

Turn into one large or several individual molds and chill.

Serve with custard sauce made from the egg yolks.

Yield: six servings. Marie Siemens, Altona

CREME VANILLE

Soften in $\frac{1}{4}$ cup milk

1 envelope unflavored gelatin (1 tbsp.)

Beat well in a saucepan

4 egg yolks

Gradually beat in

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ tsp. salt

Blend in slowly

2 cups milk, scalded

Cook over low heat, just until mixture holds. Remove from heat. Stir in softened gelatin. Cool.

When partially set, beat with rotary beater and fold in

1 cup whipping cream, whipped stiff
1 tsp. vanilla

Pour into an oiled one quart mold, chill about 4 hours. Unmold on a large serving dish. Garnish with sweetened whipped cream and fresh fruit.

Yield: eight servings.

Florence Fehr, Altona

USE CO-OP VANILLA

PINEAPPLE TAPIOCA PUDDING

Soak in 1 qt. cold water for 12 hours

1/2 cup tapioca

Cook until clear.

Stir in

1/2 cup white sugar

salt

juice of 1 lemon

1/2 cup crushed pineapple

Fold in

3 stiffly beaten egg whites

Chill and serve with whipped cream.

Alfreda Reed, Minnedosa

RHUBARB PINEAPPLE TAPIOCA

Mix together in the top of a double boiler

1/3 cup minute tapioca

1 1/4 cups sugar

1/4 tsp. salt

2 1/2 cups rhubarb, cut into small pieces

Add

2 cups boiling water

Bring to a boil, stirring constantly.

Place over hot water and continue to cook until the tapioca is clear (10 to 20 minutes).

Remove from the heat and when partially cold fold in

1 cup fresh pineapple, shredded

Chill and serve with cream. six to eight servings.

Marie Siemens, Altona

ICE BOX DESSERT

Crush with a rolling pin

3/4 pkg. graham wafers

Place half of this in a cake tin 8x10 inches.

Mix together

1/4 lb. butter (half margarine)

3/4 cup sugar

1 egg

Cream well and add

1 can crushed pineapple

Pour over wafer crumbs in cake tin.

Whip

1/2 pint whipping cream

Add

1/2 tsp. vanilla

Pour over pineapple mixture.

Sprinkle over the top

rest of graham wafer crumbs

Chill for several hours before serving.

Nena Woodward, Winnipeg

USE CO-OP MARGARINE

BLUEBERRY CRISP

Place in a 1 1/2-quart greased baking dish

4 cups fresh blueberries

Sprinkle with

1/4 cup granulated sugar

2 tsps. lemon juice

Cream

4 tbsps. butter or margarine

Gradually cream in

3/4 cup brown sugar

Mix in

1/2 cup flour

Rub to a crumbly mixture. Spread crumbs over the top of the fruit. Bake in a moderate oven 350° for about 40 minutes.

Six servings.

Minnie Isaacs, Winnipeg

RICE CUSTARD PUDDING

Beat well

3 eggs

Add

3 cups cooked rice (1 cup raw)

1 cup brown sugar

1/4 tsp. salt

2 cups milk

1 cup raisins

Pour into a greased baking dish and bake in a moderate oven until set.

Eight servings.

Harriet Lee, Erickson

LEMON PUDDING

Cream together

1 tbsp. butter

2/3 cup sugar

3 tbsps. flour

Add

juice of 1 lemon

rind of 1 lemon, grated

2 beaten egg yolks

1 cup milk

Fold in

2 egg whites, beaten very stiffly

Turn into a buttered baking dish and set in a pan of hot water. Bake in a moderate oven.

This is a light, fluffy souffle with a layer of creamy custard sauce underneath.

Alfreda Reed, Minnedosa
Florence Fehr, Altona

USE CO-OP FLOUR

CHERRY PUDDING

Cream

2 tbsps. butter

Gradually beat in

1/2 cup sugar

Sift together

1 cup flour

1 tsp. baking powder

1/8 tsp. salt

Add to butter and sugar with

1/2 cup milk

Pour into a buttered baking dish.

Pour over this

1 cup canned, pitted cherries

Sprinkle with

1/2 cup sugar

Heat to boiling and pour over the cherries

1 cup cherry juice

Bake in a moderate oven for 1 hour.

Florence Fehr, Altona

QUICK MAPLE PUDDING

Heat to boiling and pour into a greased baking dish

1 cup maple syrup

Cream together

1 tbsp. shortening

3 tbsps. sugar

Beat in

1 egg

Sift together

1 cup sifted flour

2 tps. baking powder

1/4 tsp. salt

Add alternately to the shortening and sugar with

1/2 cup milk

Pour the batter over the syrup.

Bake in a 375° oven and turn out on a platter while still hot.

MOCK MAPLE SYRUP

Mix together and simmer until thick

1 1/2 cups brown sugar

1 cup water

1 tsp. maple flavoring

Harriet Lee, Erickson

USE CO-OP MARASCHINO CHERRIES

RHUBARB PUDDING

Mix together and cook until soft

2 cups rhubarb
1/2 cup water
3/4 cup sugar

Drain.

Cream together

2 tbsps. sugar
1/4 cup shortening

Sift together

1 cup sifted flour
2 tbsps. baking powder
1/4 tsp. salt

Add to shortening and sugar with
milk to make a soft dough

Pour half the batter into a greased baking pan, cover with rhubarb and then pour over the other half of the batter. Bake in a moderate oven for 35 minutes.

Tina Loewen, Altona

QUICK RAISIN CARAMEL PUDDING

Mix together and boil for a few minutes

1/2 cup brown sugar (or less)
1 1/3 cups boiling water
1 tbsp. butter
1/2 cup raisins

Add

vanilla

Pour into a baking pan.

Cream together

2 tbsps. butter
1 tbsp. sugar

Sift together

1 cup sifted flour
pinch of salt

Add to butter and sugar with

milk to make a soft dough

Turn into the baking pan over first mixture.

Bake in a moderate oven until browned.

Serve with cream.

Tillie Saunderson, Elm Creek

USE CO-OP VANILLA

ARBORG FARMERS' CO-OPERATIVE ASSOCIATION

The Arborg Farmers' Co-operative Association has found that the secret of perpetual growth is to move ahead with changing times, to give members the services most useful for the day. This is the principle upon which it has operated since its organization in 1919.

Then it was the co-operative's policy to supply farmers with necessities—often on credit—and take produce in payment. Some of the latter included homespun wool mitts and socks, meat, eggs, baled hay, cordwood, lumber and feed grains.

Farmers in the Arborg area were buying goods co-operatively as early as 1911, at a time when Arborg was the last station on the then new railroad into the district. A co-operative creamery was organized in 1917. During the 1919 boom, farmers raised \$10,000 in share capital and bought out a well-located store in Arborg complete with stock. They also purchased the stock from a store located about ten miles outside of the town and engaged its owner as the first manager.

When the business section of the town burned down in the spring of 1922 the Co-op store was one of the victims but with the aid of fire insurance, it was rebuilt and business carried on.

The Arborg Farmers' Co-operative has always considered it more important to give service than to build up profits. In the early years of its existence it helped farmers to market their produce. It even operated a flat grain warehouse and bought grain for ten years before an elevator was built.

In 1930 the Co-operative bought a truck and took over the co-operative marketing of livestock, a service continued until 1949, when the trucking business was sold.

The spirit of service and self-help so much in evidence in the Arborg Farmers' Co-operative Association should continue to have an important influence on the economy of the district.

CHOCOLATE DESSERT

Sift together into a bowl

1 cup sifted flour
1/2 cup sugar
2 tsps. baking powder
1 1/2 tbsps. cocoa
1/4 tsp. salt

Make a well and pour in

1/2 cup milk
2 tbsps. melted butter
1 tsp. vanilla

Beat together until smooth.

Stir in

1/2 cup chopped nuts (optional)

Turn batter into a greased baking pan.

Mix together

1/2 cup white sugar
1/2 cup brown sugar
3 tbsps. cocoa

Sift over first mixture in the pan.

Pour over the mixture

1 cup cold water

Bake for 45 minutes in a 350° oven.

Turn upside down to serve. Serve with cream if desired.

Ida Wilson, Minnedosa

HALF HOUR PUDDING

Mix together

1 cup sifted flour
2 tsps. baking powder
salt
1/3 cup brown sugar

Add

1/2 cup milk
1 cup raisins or dates

Turn into a greased cake tin.

Mix together

1 cup brown sugar
1 tbsp. butter
2 cups boiling water

Pour over batter to make a sauce.

Bake for half hour in a moderate oven.

Mabel McMillan, Minnedosa

VARIATION

For a special dessert add to the sauce

1 cup crushed pineapple

Florence Endall, Minnedosa

USE CO-OP DATES

BREAD PUDDING

Heat

3 cups milk

Pour milk over

1 pint bread crumbs

Cream together

1/2 cup sugar

1/4 cup butter

Stir in

3 eggs

1/2 tsp. salt

1 tsp. vanilla

When the milk is cool combine the two mixtures and add

1 cup raisins

Pour into a buttered baking dish and bake in a moderate oven for 40 minutes.

Serve with any desired sauce.

Six servings.

Irene Rempel, Lowe Farm

TROPICAL BREAD PUDDING

Substitute whole wheat bread cubes for bread crumbs.

Add

1 cup chopped, pitted dates

Before baking sprinkle generously with
shredded cocoanut

Marie Siemens, Altona

CAKE CRUMB PUDDING

Mix together and turn into a greased baking dish

1 1/2 cups cake crumbs

1/2 cup raisins

Mix together

2 large eggs, slightly beaten

4 to 6 tsps. sugar

1/4 tsp. salt

Stir in

2 cups hot milk

1/2 tsp. vanilla

Pour over crumb and raisin mixture.

Place baking dish in a pan of hot water and bake in a moderate oven 350° for 40 minutes or until the pudding is set.

Serve hot or cold with cream.

Marie Siemens, Altona

USE CO-OP EVAPORATED MILK

COTTAGE CHEESE RECIPE

Mix together

2½ cups graham wafer crumbs
pinch of salt
¼ cup sugar

Rub in

½ cup butter

Divide into two parts. With one half line a well-greased pan.

Mix together well

2 cups cottage cheese
1 tsp. vanilla
3 eggs
½ cup sugar
½ cup butter

Spread over graham wafer mixture in pan. Scatter over this the other half of the graham wafer crumbs.

Bake in a 350° oven for at least a half hour.

COTTAGE CHEESE

Put milk in a container and keep in a warm place to sour. When set, put on the back of the stove and mix with a knife to cut the milk up. Let it heat until the milk separates. (Do not overheat, or the cheese will be hard and crumbly.) When heated enough, pour into a bag and let drain.

Rose Trembach, Grandview

LOWE FARM CONSUMERS CO-OPERATIVE

Lowe Farm Consumers Co-operative, the oldest co-operative in the community, opened its doors for business in 1931, twenty-three years ago, with an initial membership of sixty and subscribed share capital of \$600.

By 1938 it had become necessary to erect a new warehouse and, in 1946, this property was again expanded. Present assets total \$39,463.20 with a membership of 350. To date \$21,698.19 has been paid out to the membership in patronage dividends on a business turnover that in 1938 amounted to \$4,850.00 and in 1952 amounted to \$93,036.90.

The second storey of the oil building houses the Co-op Hall which, as the only sizeable meeting place in Lowe Farm, is used for business meetings and all social functions.

USE CO-OP VANILLA

NEVER-FAIL CREAM PUFF

Sift together

1 cup sifted flour
1 tsp. baking powder
1/2 tsp. salt

Mix together and heat to boiling

1 cup water
1/2 cup butter or margarine

Stir until the butter is melted, remove from the heat and mix in the flour mixture, all at once.

Stirring vigorously, cook until the mixture will form a mass, leaving the sides of the saucepan clean. Cool for five minutes.

Add, one at a time

3 unbeaten eggs

Beat after each addition until thoroughly combined. Drop in mounds about the size of an egg, well apart on a greased cookie sheet.

Bake in an oven preheated to 425° for 15 minutes, then lower the heat to 375° and bake until the puffs are light and delicately browned, about 25 minutes for average size puffs and 15 minutes for midget puffs.

Turn off the heat, and leaving the door open allow puffs to dry a few minutes.

Make a slit at the side and fill with whipped cream, which has been sweetened and flavored.

Yield: One dozen, average size.

Irene Rempel, Lowe Farm

GRANDMA'S MOLASSES PLUM PUDDING

Sift together

2 cups sifted all-purpose flour
5 tbsps. sugar
1 tsp. salt
1 tsp. soda
1 tsp. allspice
1/2 tsp. cloves

Mix together

2 eggs, beaten
3/4 cup molasses

Stir into flour mixture with

1/4 cup melted shortening

Add following fruit which has been floured

2 cups seedless raisins
2 cups chopped pitted dates
1 cup chopped citron peel

Stir in

1/4 cup cider, fruit juice or rich milk

Fill greased mold three-quarter full, cover and steam three hours. Serve with Lemon or Hard Sauce.

Yield: Twelve to 14 servings.

Olive McNabb, Minnedosa

USE CO-OP FLOUR

NEVER FAIL PIE CRUST

Sift together

2 cups sifted flour
3 tsps. baking powder
1 tsp. salt

Rub in

1 cup shortening

Add to make a soft dough

1/2 cup milk
1 beaten egg

Tina Loewen, Altona

FOOL-PROOF PASTRY

Mix together

1 lb. lard, softened
6 cups sifted flour
2 tsps. salt

Stir until fat is thoroughly mixed in.

Mix together and chill

1 beaten egg
2 tbsps. vinegar
3/4 cup cold water

Stir all at once into flour mixture. Form into a loaf and keep in a plastic bag or waxed paper in the refrigerator until needed.

Velma Hanson, Flin Flon
Edna Robson, Deleau

PUMPKIN CHIFFON PIE

Soak in 1/4 cup cold water

1 tbsp. gelatin

Mix together

3 egg yolks, slightly beaten
1/2 cup sugar
1 1/4 cups prepared pumpkin
1/2 cup milk
1/4 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg

Cook over hot water until thick. Stir in the dissolved gelatin. Chill.

When the mixture begins to thicken stir in

1/2 cup sugar
1/4 tsp. salt

Fold in

3 egg whites, stiffly beaten

Turn into baked pie shell and chill for several hours before serving.

Maude Sisson, Elm Creek

USE CO-OP PUMPKIN

LEMON MERINGUE PIE

Combine

7 tbsps. cornstarch
1½ cups sugar
½ tsp. salt

Add

2 cups boiling water

Cook until thick, stirring constantly. Cover and place over boiling water for about 10 minutes, stirring occasionally.

Add a little of the hot mixture to

3 egg yolks, slightly beaten

Stir and pour back. Cook, stirring constantly, two minutes.

Remove from the heat and stir in

¼ cup lemon juice
2 tbsps. butter or margarine
1 tbsp. grated lemon peel

Cool and pour into a cooled, baked 9-inch pie crust.

MERINGUE

Add

1 tsp. lemon juice

to

3 egg whites

Beat until just stiff enough to hold peaks.

Sprinkle with

6 tbsps. sugar

one at a time.

Beat until glossy after each addition. Pile lightly on pie. Bake in a moderate oven 350° until lightly browned 15 to 20 minutes.

Florence Fehr, Altona

GLAZED RASPBERRY PIE

Mix together

¾ cup sugar
2½ tbsps. cornstarch
1 cup water

Cook in the top of a double boiler until thick and smooth.

Add

1 tbsp. lemon juice

Wash and drain well

1 qt. fresh raspberries

Leave whole and add to slightly cooled cornstarch mixture. Stir gently until berries are covered with the mixture. Turn into a baked 9-inch pie shell. Garnish with whipped cream.

Velma Hanson, Flin Flon

USE CO-OP MARGARINE

VANILLA CREAM PIE WITH VARIATIONS

Make a 9-inch pie shell (using your favorite recipe).
Mix together in a saucepan

**2/3 cup sugar
1/2 tsp. salt
2 1/2 tbsps. cornstarch
1 tbsp. flour**

Stir in gradually
3 cups milk

Cook over moderate heat, stirring constantly, until mixture thickens and boils. Boil one minute. Remove from heat.

Stir at least 1 cup of the hot mixture slowly into

3 egg yolks, slightly beaten

Then blend into hot mixture in the saucepan. Boil one minute more, stirring constantly.

Remove from the heat and blend in

**1 tbsp. butter
1 1/2 tbsps. vanilla**

Cool, stirring occasionally. Pour into baked pie shell and chill thoroughly. Finish with a whipped cream topping or meringue.

MERINGUE

Beat until frothy

**3 egg whites
1/4 tsp. cream of tartar**

Gradually beat in

6 tbsps. sugar

Continue to beat until mixture is stiff and glossy. Spread meringue lightly on top of the filling, bringing it right to the edge of the crust to prevent shrinking. Swirl or pull up points to make it look decorative and bake in a moderate oven 400° for eight to 10 minutes until delicately browned. Let cool at room temperature, free from drafts.

BANANA CREAM PIE

Arrange a layer of sliced bananas a half inch deep in a pie shell before pouring in filling. Use three large bananas. Garnish whipped cream or meringue with banana slices.

CHOCOLATE CREAM PIE

Increase sugar to 1 1/2 cups. Add three squares cut up unsweetened chocolate with the milk.

COCOANUT CREAM PIE

Fold in 3/4 cup moist shredded cocoanut just before pouring filling into shell. Sprinkle whipped cream or meringue topping with 1/4 cup shredded cocoanut.

Tina Rempel, Lowe Farm
Florence Fehr, Altona

USE CO-OP VANILLA

HOLIDAY PIE

Pour into a bowl
1/4 cup cold water

Sprinkle with
1 envelope plain gelatin (1/4 pkg.)

Add
1/2 cup sugar
1/4 tsp. salt
1 cup hot prune juice

Stir until thoroughly dissolved.

Add
1 tbsp. lemon juice

Chill. When mixture begins to set, fold in
1 cup prune pulp (cooked prunes, sieved)
1/2 cup crushed pineapple (drained)
1 cup cream, whipped

Pour into a baked pie shell and chill.

Serve, garnished with nut meats.

Wilda Carlson, Erickson

RAISIN CREAM PIE

Mix together in the top of a double boiler
1 1/2 tbsps. flour
3/4 cup sugar
1/2 tsp. salt
2 egg yolks, beaten

Gradually stir in
1 cup scalded milk
1 cup chopped raisins

Cook over boiling water until thick.

Add
1 tsp. cooking oil
1 tsp. vanilla

Pour into a baked shell and top with a meringue made from
2 egg whites

Whipped cream may also be used for a topping.

Marie Siemens, Altona

USE CO-OP EVAPORATED MILK

PINEAPPLE PIE

Mix together

$\frac{1}{4}$ cup cornstarch
 $\frac{2}{3}$ cup sugar
 $\frac{1}{4}$ tsp. salt

Gradually stir in

2 cups scalded milk

Cook in the top of a double boiler, stirring constantly.

Slowly add a small amount of the hot mixture to

3 slightly beaten egg yolks

Pour back into the mixture and cook five minutes longer.

Add

2 tbsps. butter
 $\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ cup crushed pineapple

Cool and pour into a baked pie shell.

Alfreda Reed, Minnedosa

SOUR CREAM PIE

Mix together

1 cup sour cream
1 cup sugar
 $\frac{1}{2}$ cup raisins, chopped
1 egg
1 tbsp. flour
1 tsp. cinnamon
pinch of salt

Cook until thick, stirring to prevent scorching. Pour into a baked pie shell.

Della Endall, Minnedosa

ELM CREEK CREDIT UNION SOCIETY

Study groups conducted in Elm Creek provided the impetus that brought the Elm Creek Credit Union Society into being. Fifteen members signed the original application for charter on May 6, 1946, which saw the credit union underway that fall with an invested capital of \$486.

Actual operation—which started about February the following year—has been followed by continuing growth. Today there is a membership of some three hundred who have share capital of some \$55,000.

Individually and collectively, the Elm Creek Credit Union is working for its members and the community.

USE CO-OP FLOUR

PRISE PUMPKIN PIE

Mix together

1 tbsp. flour
1/2 tsp. salt
1/4 cup brown sugar
1/4 cup honey or maple syrup
1/4 tsp. powdered ginger
1/4 tsp. mace
1/4 tsp. nutmeg
1 tbsp. melted butter
1 cup milk
2 eggs

1 1/2 cups prepared pumpkin

Pour into an unbaked pie shell, bake 15 minutes in a hot oven 425°, then reduce the heat to 350° and bake until a silver knife comes out clean.

Cool and garnish with whipped cream.

Lula Shellborn, Erickson

PUMPKIN PIE

Combine

2 cups cooked or canned pumpkin
1 cup sugar
1 tsp. cinnamon
1/3 tsp. allspice
1/2 tsp. ginger
1/3 tsp. mace
3/4 tbsp. melted butter
3 slightly beaten eggs
2 cups scalded milk
1 1/2 cups cocoanut

Turn into pastry-lined pans. Bake 15 minutes in a hot oven, then reduce to a moderate oven and bake 1/2 hour or until a silver knife thrust into the centre comes out clean.

Minnie Isaacs, Winnipeg

RHUBARB PIE

Mix together

2 tbsps. flour
1 1/4 cups sugar
1/8 tsp. salt
3 1/2 cups rhubarb, cut into 1/2-inch lengths
1 egg, slightly beaten

Pour into a pastry-lined 9-inch pie plate.

Cover with top crust and bake in a hot oven 450° for 15 minutes, continue baking at 375° for 25 to 30 minutes.

Tina Braun, Lowe Farm

USE CO-OP PUMPKIN

DUTCH APPLE PIE

Wash, pare and quarter

6 to 8 apples

Sprinkle an unbaked pie shell with

3 tbsps. flour

Combine

1 cup sour cream

1 cup brown sugar

1 tsp. cinnamon

Dip each apple section in the cream mixture and arrange them in the shell.

Pour in the remainder of the cream mixture. Bake at 400° for 10 minutes, reduce the heat to 375° and bake until the apples are tender.

Serve hot or cold.

Olive McNabb, Minnedosa

APPLE PIE

To make a crunchy topping for apple, combine

1 cup sugar

3/4 cup flour

1/2 tsp. cinnamon

1/3 cup butter

Sprinkle over apples in a pastry shell and bake.

Marie Siemens, Altona

WAWANESA CONSUMERS CO-OPERATIVE

The initial ingredients that went into the making of Wawanesta Consumers Co-operative, put together for the first time in 1929, were a warehouse, storage tanks and the use of the Pool Elevator office. The cost of these ingredients was financed by the sale of shares at \$10.00 each.

The recipe for the success of the Wawanesta Consumers Co-operative is largely due to the guiding influence of an able president over a period of twenty-one years. Directors endowed with the qualities of perception and competence have worked, over the years, under this influence to develop a co-operative enterprise that is a credit to themselves and to the members who make up the Association.

The finished product is an oil co-operative with 181 members who do an annual business for themselves of nearly \$90,000.

USE CO-OP CHEESE

SUNSHINE PIE

Peel and grate a quantity of firm carrots. They should be grated very fine or put through the fine blade of the food chopper.

To each cup of grated carrot allow

1 cup sugar
2 tbsps. vinegar or lemon juice
 $\frac{1}{2}$ tsp. ginger
 $\frac{1}{2}$ tsp. salt

Add just enough water to prevent burning and cook gently for about 30 minutes, until the carrots are well done.

Mix together and bring to a boil

$1\frac{1}{2}$ cups carrot mixture
1 cup water
1 tbsp. butter

Dissolve in a little cold water and add

$1\frac{1}{2}$ tbsps. cornstarch

Cook until the mixture is thick and clear.

Add

lemon extract

Pour into a baked pie shell, chill and spread with whipped cream.

Marie Siemens, Altona

TARTS

Boil together until it forms threads when tested

2 cups brown sugar
1 cup boiling water

Add

1 tbsp. butter
pinch of salt
vanilla

Allow to cool.

Add

2 beaten eggs

Pour into uncooked tart shells and sprinkle with nuts or cocoanut. Bake in a moderate oven until pastry is cooked.

Emma Taylor, Minnedosa

USE CO-OP VANILLA

BUTTER TARTS

Melt

2 tbsps. butter

Add

1 cup brown sugar

$\frac{1}{8}$ tsp. salt

1 egg, beaten

2/3 cup currants (or raisins)

vanilla

Pour mixture into unbaked tart shells and bake in a hot oven 400° until browned.

VARIATION

Two tbsps. maple syrup may be substituted for part of the sugar and the vanilla.

Yield: One dozen medium tarts.

Florence Fehr, Altona

MAIDS OF HONOR

Cream

$\frac{1}{4}$ cup butter

Cream in well

$\frac{1}{2}$ cup sugar

Add and beat in thoroughly

1 egg yolk

Sift together

$\frac{3}{4}$ cup sifted pastry flour

1 tsp. baking powder

$\frac{1}{8}$ tsp. salt

Add alternately with

$\frac{1}{4}$ cup milk

$\frac{1}{4}$ tsp. almond extract

Fold in

1 egg white, stiffly beaten

Line small tart pans with pastry, place a little red jam or jelly in each tart and fill with the cake mixture. Bake in a hot oven 400° for 20 to 25 minutes.

PASTRY FOR TARTS

Sift together

2 cups sifted pastry flour

$\frac{3}{4}$ tsp. salt

Cut in

2/3 cup shortening

Mix in lightly

$\frac{1}{4}$ cup cold water

Chill before rolling.

Yield: Two dozen small tarts.

Florence Fehr, Altona

USE CO-OP FLOUR

ERICKSON CONSUMERS CO-OPERATIVE LIMITED

The story of the Erickson Consumers Co-operative Limited begins in the lean and hungry thirties when a group of neighbors in the Westmount district south of Erickson met to study the operation of consumer co-operatives. Interest was so keen and the group grew so large that it was necessary to operate as two units, Westmount and Otter Lake. The outcome was the formation of a committee, delegated to raise money by signing up members and interviewing wholesalers.

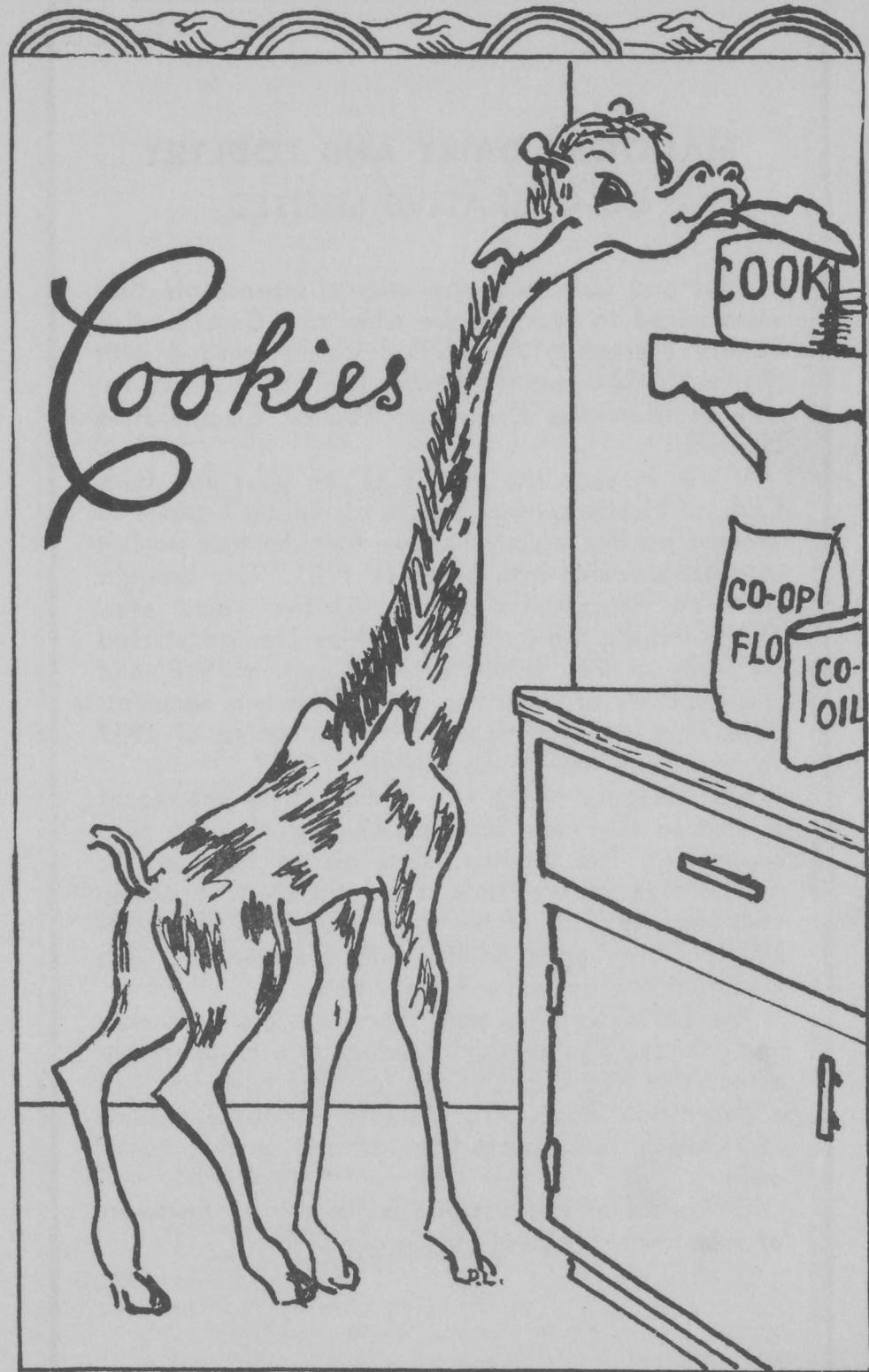
In 1939 the charter was granted and, with grocery and dry goods stocks purchased from a local merchant, the Co-op store was opened for business. In 1940, with capital of \$1,000 and forty members, a garage building was rented. Later it was purchased and improved. The first manager was hired at a salary of \$50 per month plus one per cent commission on sales. There was one clerk.

In the years since 1940 continual progress has been made. Four years later additional property and stock was purchased. The newly acquired building was joined to the original store and operated as a dry goods department. In 1945 another lot was bought and a filling station erected. From this station a fuel oil business of nearly 300,000 gallons per year is handled.

A glance at the statement of assets and liabilities in 1941, after some eighteen months of operation, confirms that savings to members were \$1,412. The figure for the corresponding period in 1952 is \$17,626. It tells its own story.

Through the years, increased membership, heavier stocks and the deterioration of the building made it imperative that a new co-op store be built. This became a reality in the summer of 1953 when a stucco structure sixty feet wide and one hundred and fifteen feet long was built to replace the old building. It stands now as the concrete symbol of the faith of the pioneers in the co-operative movement in the district. They believed and worked "one for all, and all for one."

Cookies



Cookies

MANITOBA DAIRY AND POULTRY CO-OPERATIVE LIMITED

Boys and girls were the original ingredients that were mixed to produce the Manitoba Co-operative Poultry Marketing Association which, merged with Manitoba Co-operative Dairies Limited, is known today as Manitoba Dairy and Poultry Co-operative Limited.

It was through the efforts of the Boys and Girls Club, of Hartney, Manitoba, in marketing a carlot of dressed poultry, mainly turkeys, that the first poultry association came into being in 1921. This brought forth an incorporated association two years later. The Manitoba Co-operative Dairies Limited started originally in the vicinity of Winnipeg in 1918, and was officially organized in 1920. The two organizations were moulded together in the spring of 1947 to become a well-blended whole.

The kneading of the two co-operatives has meant a mixture that now includes 42 egg stations, nine creameries, five poultry killing plants, three public quick-freeze locker plants, one hatchery, one public cold storage plant. From these the association markets members' eggs, poultry, milk and cream. It also manufactures butter and ice cream.

The baking process over the years has been slow and steady. The finished product is a co-operative association that is one of the few that have survived a depression, fluctuating markets, abnormal seasons and chaotic world conditions without outside assistance.

The proof of the pudding is the use by members of their own service-at-cost organization.

FRYING PAN DAINTIES

Beat together well

2 eggs, beaten

1½ cups chopped dates

1 cup white sugar

Cook in a frying pan for 10 to 15 minutes stirring constantly.

Stir in

2 cups rice crispies

1 tsp. vanilla

1 tsp. butter

Allow to cool until able to handle.

Roll in

1 cup fine cocoanut

Mrs. C. Campbell, Baldur

VARIATION

Substitute white sugar with

1 cup brown sugar

Add with the rice crispies

¼ cup chopped maraschino cherries

½ cup chopped nuts

Eva Harder, Winnipeg

✓ PEANUT BUTTER CRUNCHIES

Melt in the top of a double boiler

1 cup peanut butter

½ cup corn syrup

½ cup white sugar

Stir in

2 cups cornflakes

1½ cups rice crispies

Pat into a buttered pan, cut into squares and cool in the refrigerator.

Alfreda Reed, Minnedosa

MARSHMALLOW BALLS

Cut into small pieces using buttered scissors

1 lb. marshmallows

Drop marshmallows into

1 cup thin cream or coffee cream

When marshmallows are soft add

part of 2 lbs. finely crushed graham wafers

2 cups chopped dates

1 cup chopped walnuts

Knead well together.

Shape into small balls and roll in

remaining graham wafer crumbs

Olive McNabb, Minnedosa

USE CO-OP DATES

MACAROONS

Beat until foamy

3 egg whites

Gradually beat in

1 cup sugar

Beat until very stiff.

Add

1 tbsp. cornstarch

vanilla

1 1/4 cups dessicated cocoanut

or 1/2 pkg. chocolate chips

Place teaspoonfuls on a baking sheet and bake in a very slow oven.

Alfreda Reed, Minnedosa

LEMON COCOANUT CRISPS

Cream together

3/4 cup butter (half shortening)

3/4 cup white sugar

Add

1 beaten egg

Sift together and add

2 cups flour

1/2 tsp. salt

1 tsp. cream of tartar

1/2 tsp. soda

Finally add

1 cup shredded cocoanut

1 tbsp. grated lemon rind

juice of 1 lemon

Drop by teaspoonfuls on a buttered cookie sheet and bake in a 350° oven until light brown.

Olive McNabb, Minnedosa

SOUR CREAM COOKIES

Cream together

1 cup shortening

2 cups brown sugar

1/2 tsp. salt

Add

2 eggs, beaten

1 cup raisins

1 cup chopped nuts

Mix well and add

1 cup sour cream

Sift together and add

4 1/2 cups sifted flour

4 tsps. baking powder

1 tsp. soda

1/2 tsp. nutmeg

Mix well and drop by spoonfuls onto a greased baking sheet. Bake in a hot oven 400° for 15 minutes.

Marie Siemens, Altona

USE CO-OP FLOUR

WHOLE WHEAT DROP COOKIES

Sift together

1 cup sifted flour
1/2 tsp. salt
1/2 tsp. soda
1 tsp. baking powder

Add

1 cup whole wheat flour
1 cup raisins
1 cup chopped nuts

Cream

1/2 cup butter

Cream in gradually

1 cup brown sugar

Add

1 beaten egg

Add the dry ingredients alternately with

1/3 cup sour milk
vanilla

Mix thoroughly, adding more flour if necessary. Drop from a teaspoon onto a buttered baking sheet and bake in a hot oven for 10 minutes.

Marie Siemens, Altona

OLD FASHIONED MOLASSES DROP COOKIES

Cream until soft

1/2 cup shortening

Beat in until very light and creamy

1/2 cup sugar

Beat in

1 egg

1/2 cup molasses

Sift together

2 1/2 cups sifted cake flour

1 tsp. cinnamon

1 tsp. ginger

1/4 tsp. cloves

1/4 tsp. salt

1 tsp. soda

Add to sugar mixture in 3 parts alternately with

1/2 cup sour milk

Beat until smooth after each addition.

Add

1/2 cup chopped raisins (optional)

Drop the batter from a teaspoon onto a greased tin.

Bake in a moderate oven 350° from 7 to 10 minutes.

Yield: 40 cookies.

Florence Fehr, Altona

USE CO-OP WHOLE WHEAT FLOUR

OATMEAL COOKIES

Scald, drain and cook in water until tender

1 cup chopped raisins

Cream together

3/4 cup shortening

1 cup sugar

Add

2 well-beaten eggs

Sift together

2 cups sifted flour

1 tsp. soda

1 tsp. cinnamon

Stir into sugar and shortening with

raisins and water in which they were cooked

2 cups rolled oats

1/2 cup chopped nuts

The mixture should be soft enough to drop from the tip of a spoon but if not, add a bit more water.

Drop onto a greased cookie sheet and bake in a hot oven 400° for about 10 minutes or until golden brown.

Lena Fehr, Altona

QUICK MIX COOKIES

Sift together into a bowl

2 cups sifted enriched flour

1/2 tsp. soda

1 tsp. salt

Add

1 cup brown sugar

3/4 cup pre-creamed shortening

1 egg

Mix together and add

2 tbsps. milk

1 tsp. vanilla

Stir to combine ingredients, then beat two minutes.

Stir in

1/2 cup chopped nuts

1/2 cup chopped cherries

1/2 cup cocoanut

dates, raisins or other fruit if desired

Drop by spoonfuls on a greased baking sheet.

Bake in a moderate oven 375° for 10 to 15 minutes.

Edna Joelson, Baldur

USE CO-OP MARASCHINO CHERRIES

MINCEMEAT COOKIES

Cream together well

$\frac{1}{4}$ cup butter

$\frac{1}{2}$ cup sugar

Add

1 egg, slightly beaten

1 cup mincemeat

Sift together and add

$1\frac{1}{4}$ cups flour

2 tsps. baking powder

Drop by teaspoonfuls on a greased baking sheet and bake for about 15 minutes in a hot oven at 400°.

Yield 30 cookies.

Florence Fehr, Altona

CHRISTMAS COOKIES

Cream

1 cup butter

Cream in until light

$1\frac{1}{2}$ cups brown or white sugar

Add

4 eggs, well beaten

Dissolve in 3 tbsps. hot water

1 tsp. soda

Add to butter and sugar.

Sift together

$3\frac{1}{2}$ cups sifted flour

pinch of salt

Add to butter and sugar mixture with

2 cups chopped nuts

$\frac{1}{2}$ cup fruitlets (small gum drops)

$\frac{1}{2}$ cup glazed cherries (chopped)

1 tsp. vanilla

Drop from a spoon onto a greased cookie sheet.

Bake in a hot oven 375° to 400° until light brown.

Elsie Fehr, Altona

SHORTBREAD

Cream together well

1 lb. butter

$1\frac{1}{2}$ cups icing sugar

1 cup cornstarch

Gradually add

3 cups flour

Form into a roll, cut rounds with a knife and bake in a moderate oven until slightly browned.

Mrs. C. Campbell, Baldur

USE CO-OP MINCEMEAT

COCOANUT OATMEAL COOKIES

Cream together

1 cup shortening
3/4 cup white sugar
3/4 cup brown sugar

Beat in

2 eggs
1/2 tsp. almond extract
1 tsp. vanilla extract

Add

1/2 tsp. salt
1/2 tsp. baking soda
2 tsps. baking powder
1 cup cocoanut
1 cup oatmeal
flour to form a soft dough

Roll into balls the size of a walnut, place on greased baking sheet, and flatten with a floured fork.

Bake in a hot oven 15 to 20 minutes.

Yield: five dozen.

Katharine Locker, Flin Flon

DELICATE GINGER COOKIES

Cream well

1 cup butter or margarine

Blend in

1 1/3 cups brown sugar

Beat well and blend in

2 egg yolks

Sift together

2 1/3 cups sifted flour

4 tsps. baking powder

1 1/2 tsps. ginger

1/4 tsp. salt

Work dry ingredients slowly into butter mixture to make a soft dough. Either chill, roll and cut or form into balls.

Drop on a cookie sheet and press with a fork.

Bake in a hot oven 400° until pale brown (7 to 10 minutes). These are similar to shortbread cookies.

Stella Ransom, Flin Flon

USE CO-OP QUICK COOKING ROLLED OATS

CLOVERCREST
Honey...

An outstanding example of
Co-operation

The Bees Co-operated to gather the Honey . . .
Manitoba Beekeepers Co-operated to pack the
Honey.

We hope you will Co-operate by Using

CLOVERCREST

- For Cooking
- As a Spread
- For Preserving

CLOVERCREST

is Processed, Packed and Distributed by

**MANITOBA CO-OPERATIVE
HONEY PRODUCERS LIMITED**

PEANUT BUTTER COOKIES

Mix together thoroughly

$\frac{1}{2}$ cup soft shortening (half butter)
 $\frac{1}{2}$ cup peanut butter
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup brown sugar
1 egg

Sift together and stir in

$1\frac{1}{4}$ cups sifted flour
 $\frac{1}{2}$ tsp. baking powder
 $\frac{3}{4}$ tsp. soda
 $\frac{1}{4}$ tsp. salt

Chill dough. Roll into balls the size of large walnuts. Place three inches apart on a lightly greased baking sheet. Flatten with a fork dipped in flour. Bake at 375° for about 10 to 12 minutes.

Yield: three dozen cookies.

VARIATION

Use only $\frac{1}{4}$ cup shortening.
Substitute brown sugar with
 $\frac{1}{2}$ cup honey

Florence Fehr, Altona

PIN WHEEL COOKIES

Cream together

1 cup shortening
2 cups brown sugar

Beat in

2 beaten eggs

Sift together and stir in

4 cups sifted flour
1 tsp. soda
salt
1 tsp. cinnamon

Divide into two parts and let chill overnight. Roll out, fill with date filling. Sprinkle with nuts and roll up like a jelly roll. Chill until firm, cut in slices, place on a greased cookie sheet and bake in a moderate oven.

FILLING

Mix together

1 pkg. dates or raisins, chopped
sugar
water to cover

Boil until thick. Cool.

Sarah Reimer, Altona

USE CO-OP PEANUT BUTTER

OATMEAL COOKIES

Mix together

3 cups rolled oats
1 cup sifted flour
1 cup brown sugar
 $\frac{1}{2}$ cup crushed cornflakes
1 tsp. salt
1 tsp. soda

Rub in

1 cup shortening, lard or butter

Add

water, enough to hold mixture together

Roll thin, cut with a cookie cutter and bake in a moderate oven.

Catherine Ross, Minnedosa

REFRIGERATOR COOKIES

Mix together thoroughly

1 cup soft shortening
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup sugar
2 eggs

Sift together and stir in

$2\frac{3}{4}$ cups sifted flour
 $\frac{1}{2}$ tsp. soda
1 tsp. salt
2 to 3 tsps. cinnamon

Mix in

$\frac{1}{2}$ cup chopped walnuts or blanched almonds

Mix thoroughly with hands. Press and mold into a long smooth roll about $2\frac{1}{2}$ inches in diameter. Wrap in waxed paper and chill until stiff. With a thin, sharp knife, cut thin slices. Place on an ungreased baking sheet and bake at 400° for 6 to 8 minutes until lightly browned.

Yield: six dozen.

Florence Fehr, Altona

USE CO-OP FLOUR

GINGER TOTS

Cream together well

1 cup butter

1 1/4 cups brown sugar

Add

2 eggs, well beaten

1 tsp. lemon flavoring

Sift together

3 1/2 cups flour

1 tsp. soda

1 tsp. cream of tartar

2 tbsps. powdered ginger

1/4 tsp. salt

Work into the mixture and knead until flour is all mixed in.
Form into a roll.

Chill in the refrigerator overnight or for several hours.

Slice with a sharp knife and bake in a 375° oven until golden brown. Put together in pairs with lemon icing.

LEMON ICING

Cream until light and fluffy

4 tbsps. soft butter

2 tbsps. lemon juice

Mix in

1 1/2 cups icing sugar

Spread between pairs of ginger tots.

Edna Joelson, Baldur

COCOANUT DELIGHTS

Cream together

1/2 cup butter or margarine

1/2 cup sugar

Add and beat in

2 egg yolks

Sift together

1 cup sifted flour

1 tsp. baking powder

1 tsp. salt

Mix well into the butter and sugar with

1 tbsp. milk

Roll thin and cut into rounds.

Mix together

2 egg whites beaten stiff

1 cup icing sugar

1 tbsp. melted butter

2 cups cocoanut

Put a spoonful of the egg white mixture on each cookie and top with a cherry or a dash of jelly.

Bake in a moderate oven.

Kathleen Campbell, Creighton, Saskatchewan

USE CO-OP MARGARINE

SNICKERDOODLES

Mix together thoroughly

1 cup soft shortening
1½ cups sugar
2 eggs

Sift together and stir in

2¾ cups sifted flour
2 tbsps. cream of tartar
1 tsp. soda
½ tsp. salt

Chill dough. Roll into balls the size of small walnuts.

Roll in a mixture of

2 tbsps. sugar
2 tbsps. cinnamon

Place about two inches apart on an ungreased baking sheet. Bake until lightly browned at 400° (about 8 to 10 minutes).

Yield: about five dozen.

Florence Fehr, Altona

PORCUPINES

Cream together

1 tbsp. butter
1 cup brown sugar

Add and beat in

2 eggs

Add

1 cup chopped nuts (pecans)
1 cup pitted dates
1½ cups cocoanut
vanilla

Roll into balls and then roll in
cocoanut

Bake in a moderate oven 15 to 20 minutes.

Shirley Wilton, Minnedosa

ALMOND CHRISTMAS BALLS

Cream well

1 cup butter

Add and cream in

¼ cup confectioner's sugar

Add and mix well in

2 cups sifted flour
1 cup ground almonds
1 tsp. vanilla

or ½ tsp. almond flavoring

Using a teaspoonful for each ball, place in the palm of the hand and press a candied cherry into the middle and bring the dough around to form a ball.

Bake in a moderate oven about 15 minutes or until very light brown.

Roll in confectioner's sugar.

Helen Lawton, Flin Flon

USE CO-OP FLOUR

THIMBLE COOKIES

Cream together

$\frac{3}{4}$ cup butter

$\frac{1}{2}$ cup white sugar

Beat in

1 egg yolk

Mix in thoroughly

$1\frac{1}{2}$ cups flour

vanilla

Roll into small balls, place on a buttered baking sheet, and make a small dent in each with a thimble.

Bake in a moderate oven. When ready to serve fill the centre with jelly.

Florence Endall, Minnedosa

VARIATION

Dip the unbaked balls in

egg white, unbeaten

Then in

cocoanut

or chopped nuts

Dent with a thimble and bake.

Enid Johnson, Baldur

OATMEAL JAM JAMS

Mix together

$2\frac{1}{2}$ cups oatmeal

2 cups sifted flour

$\frac{1}{2}$ tsp. baking soda

$\frac{1}{2}$ tsp. cream of tartar

1 cup brown sugar

$\frac{1}{4}$ tsp. salt

Rub in

1 cup shortening or lard

Add

1 tsp. vanilla

water to make a soft dough

Roll and cut with a cookie cutter.

Put one teaspoonful filling between two cookies and press around the edges.

Bake in a moderate oven until slightly brown.

DATE FILLING

Mix together and boil until thick

1 cup dates, cut

1 cup white sugar

1 cup water

1 tsp. vanilla

$\frac{1}{2}$ tsp. vinegar

Cool before spreading between cookie dough.

Anne Wilkinson, Elm Creek

USE CO-OP DATES

FIG BARS

Boil together

2 cups figs
1½ cups water
½ cup brown or white sugar

Mash and cool.

Cream together

2 cups brown sugar
1 cup butter

Add and beat in

2 eggs

Sift together

5 cups sifted flour
1 tsp. soda
1 tsp. cream of tartar

Add alternately to the butter and sugar with

¼ cup milk
vanilla

Roll out half the dough, cover with fig filling, roll out the other half and place on the top.

Bake in a moderate oven; cut into bars.

Mabel McMillan, Minnedosa

DATE DELIGHTS

Rub together as for pastry

1½ cups pastry flour
¾ cup cooking oil

Mix in thoroughly

1 tsp. baking soda
1 tsp. salt
1½ cups rolled oats
1 cup brown sugar

Press half of the mixture into a flat baking pan 12½x8 inches and spread with filling.

FILLING

Add

1 cup water
to 1 lb. dates
½ cup brown sugar

Boil until soft and then mash with a spoon.

Spread over rolled oats and then cover with other half of rolled oats mixture.

Bake in a moderate oven until lightly browned.

Marie Siemens, Altona

USE CO-OP VANILLA

ARABIAN DELIGHT

Beat until thick and lemon colored

2 eggs

Beat in

1/2 cup white sugar

Sift together

2/3 cup sifted flour

1 tsp. baking powder

1/4 tsp. salt

Add to eggs with

1 tsp. vanilla

1 cup chopped nuts

1 cup chopped dates

1/2 cup chopped glace fruit

1/2 pkg. chocolate chips

Spread in a greased pan and bake for 25 minutes at 350°.

Alfreda Reed, Minnedosa

CHOCOLATE PUFFS

Cream together

1 cup butter

1 cup sugar

Beat in

2 eggs

1 tsp. vanilla

Sift together

2 3/4 cups sifted flour

1 1/2 tbsps. baking powder (single acting)

1/2 tsp. salt

Gradually mix into butter and sugar with

1 tbsp. milk

Beat well.

Roll out and cut with a small cutter.

Bake in a moderate oven.

Sadie Hanson, Erickson

CHOCOLATE BROWNIES

Cream together

1/2 cup butter

1 cup sugar

Add and beat in

2 eggs

2 oz. melted unsweetened chocolate

Finally mix in

1/2 cup sifted flour

1/2 cup chopped nuts

Turn into a buttered pan and bake in a moderate oven.

June Topham, Grandview

USE CO-OP WALNUTS

CHERRY AND NUT SLICE

Cream together

$\frac{1}{4}$ lb. butter

$\frac{1}{4}$ lb. brown sugar

Sift together and add

1 cup sifted flour

$\frac{1}{2}$ tsp. baking powder

Rub together to crumbs. Pack firmly into a cake pan.
Bake in a moderate oven 10 to 12 minutes.

Spread with

maraschino cherries, cut fine

chopped nuts

Beat until foamy

2 egg whites

Gradually beat in

1 cup white sugar (scant)

Beat until stiff with

1 tsp. vanilla

$\frac{1}{2}$ tsp. baking powder

Spread meringue over cherries and nuts.

Sprinkle with

a few cherries and nuts

Bake at 400° to 500° until brown.

Flin Flon

KILLARNEY CONSUMERS CO-OPERATIVE

Sixteen is a number that means much to the members of Killarney Consumers Co-operative for it was on November 16, 1942, that sixteen farmers in that district gathered together to talk about going into business for themselves. These men realized that there was work for them to do in the field of consumer co-operation, similar to what had already been accomplished co-operatively by producers.

These men put into motion a membership drive that was followed by the first annual meeting of this Co-operative on June 28, 1943. Their enthusiasm had communicated itself to over one hundred others by that time.

This enthusiasm has meant steady progress for Killarney Consumers Co-operative. In 1946 when the need became urgent, an old display building was purchased and modernized to provide additional space as more and more lines were brought in to serve the owner-members.

Today, the Killarney Consumers Co-operative operates a well-established business, designed to serve those who own it quickly and well.

USE CO-OP FLOUR

NUT SMACKS

Cream together
1/3 cup butter
1/3 cup sugar
Add and beat well
1 egg
or 2 egg yolks
1 tsp. vanilla
Sift together and add
1/2 cup sifted flour
1 tsp. baking powder
Pat this mixture into a shallow pan.
Beat until foamy
2 egg whites
Gradually beat in and beat until stiff
1 cup brown sugar
Add
1 cup broken walnuts
Spread this mixture over the first mixture.
Bake in a moderate oven until meringue is brown and set. Cut into squares to serve.

Elsie Putt, Altona

ST. LEON CONSUMERS CO-OPERATIVE

An outstanding example of co-operation with an international flavor is to be seen in St. Leon Consumers Co-operative, located in eastern Manitoba. Here are to be seen members who come from a number of ethnic backgrounds—Belgian, British, Dutch, French and Mennonite to mention only a few. There are over eighty such members, working in harmony and so paving the way for the continued success of their own business.

Money was scarce when the St. Leon Consumers Co-op opened its door for business on April 26, 1941. Then there were eleven paid-up shares and eight members who undertook to make payment a little later.

After one year's operations, the Co-operative had twenty-five members, stock valued at just over \$700 and equipment at \$100. Sales in that period amounted to well over \$6,000.

In 1953 the St. Leon Consumers Co-operative had assets just under \$35,000; sales the year previous were over \$85,000; paid-up share capital totalled over \$2,000 and savings to members have totalled \$10,000.

Proof of the pudding being in the eating, this co-operative business indicates clearly a well-seasoned, fruitful mixture ready for the use of members and non-members alike.

USE CO-OP VANILLA

FINGERS

Cream together

3 tbsps. butter

3 tbsps. sugar

Beat in

1 egg yolk

Stir in

1 cup sifted flour

Turn into an 8x8 inch pan and spread with jam or jelly.

Beat until stiff

1 egg white

Beat in

1 cup icing sugar

1 cup cocoanut or walnuts

Spread this over jam or jelly and bake in a hot oven until lightly browned (burns easily).

Annie Halverson, Erickson

PINEAPPLE SQUARES

Crush finely

2½ cups graham wafers

Mix together

2¼ cups crushed graham wafers

½ cup melted butter

Press down into a pan 9x9 inches.

Bake 15 to 20 minutes at 325°.

Cream together

½ cup butter

1¼ cups icing sugar

Add and beat in

2 eggs, lightly beaten

Spread over cooled wafer mixture.

Mix together

½ pint whipping cream, whipped

1 tin crushed pineapple, drained

Sprinkle with

¼ cup crushed graham wafers

Store in refrigerator.

Mrs. S. J. Stefanson, Gimli

USE CO-OP FLOUR

CHINESE CHEWS

Mix together

2 eggs, beaten

1 cup sugar

Sift together and stir in

$\frac{3}{4}$ cup sifted pastry flour

1 tsp. baking powder

$\frac{1}{4}$ tsp. salt

Add

1 cup chopped dates

1 cup chopped walnuts

Turn into a greased cake tin 8x8 inches in a moderate oven and bake until lightly browned. While still warm, cut into bars and roll in fruit sugar pressing the bars until firm. These are better if stored in a tight container for a while before using.

Florence Fehr, Altona

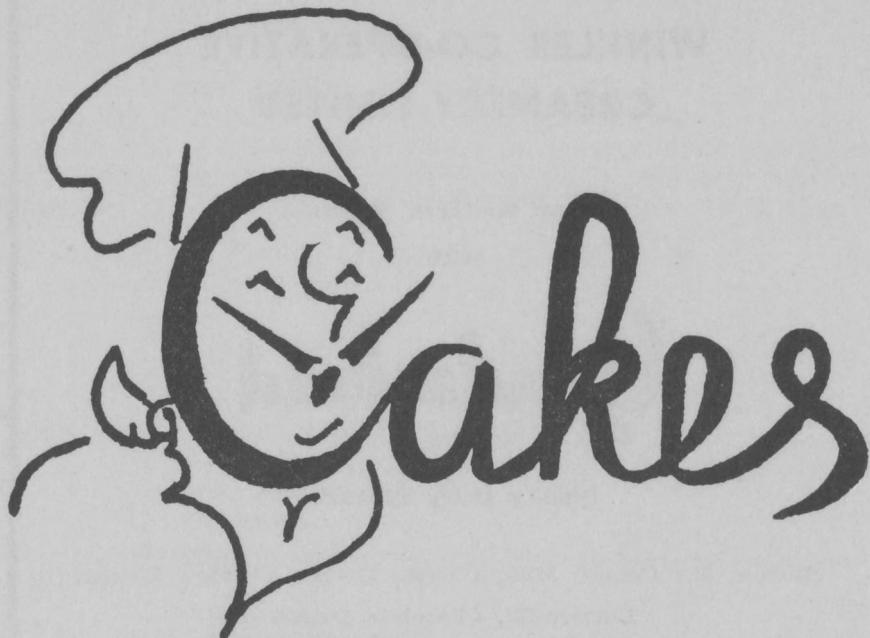
BRANDON CONSUMERS CO-OPERATIVE

The pattern for the success of Brandon Consumers Co-operative Limited was traced October 12, 1928, when this co-operative received its charter. By June of 1929 the pattern had been cut out with the gathering in of sufficient share capital to get the project underway in the same location that it now occupies.

Storage tanks, coal sheds, an engine house and saw were the first elements of operation. From this modest beginning the pattern has grown and expanded until today, it is represented by a large, modern building with an attractive show room and offices, a garage and workroom. These essentials house stocks ready to be delivered to members including coal, wood, oils, greases, gasoline, a variety of feeds, salt, hardware and groceries. They are looked after by a staff of eleven.

The membership of five hundred did a volume of business reaching to a quarter of a million dollars in 1952. The finished product is a tribute to the services and vision of those who have served themselves and others in the true co-operative way.

USE CO-OP WALNUTS



Cakes

WINKLER CO-OPERATIVE CREAMERY LIMITED

Serving Southern Manitoba

with

Gardenland

Quality Dairy Products

**(Butter, Ice Cream, Milk, Cheese, Cream, Cottage Cheese,
Buttermilk, Chocolate Drink)**

Everyone Shares in Co-op Benefits:

Back in 1940 the farmers around Winkler had a problem. They wanted a creamery of their own. Working alone they could not solve the problem. Working together their dream became a reality.

Talk to any member of that early group and he'll tell you that his Co-op has grown and expanded beyond all expectations. During those early days everyone was convinced of the benefit producers would receive upon joining the Co-op. But today everybody benefits.

Here's what we mean. The Co-op Creamery at Winkler employs 30 people on a full-time basis. Steady employment has meant more purchasing power for these households. The Creamery has also made available to residents of Winkler and other towns throughout Southern Manitoba a supply of safe, pasteurized milk; not forgetting the other fine dairy products marketed under the Gardenland trade name. The growth of the Creamery has been a boon to agriculture in the district. Many farmers are realizing a new source of revenue by joining the ranks of the fluid milk shippers.

Yes, everyone shares in Co-op benefits. The Winkler Co-operative Creamery is proud of the part it has played in achieving a higher level of living for everyone.

PUFFED WHEAT CAKE

Mix together and bring to a boil

1 cup brown sugar
1/2 cup butter (scant)
1/2 cup corn syrup
2 tsps. cocoa
2 tsps. vanilla

Boil for 1 minute or to the soft ball stage.

Pour over 8 cups puffed wheat in a large bowl and press into a pan. Let stand 10 minutes or until cool and cut into squares.

Adelaide Mullaney, Flin Flon

GRAHAM WAFER CAKE

Mix together and heat to boiling

3/4 cup white sugar
2 tsps. cocoa
1/2 cup butter
1 egg, beaten

Simmer for one minute and add
vanilla

Break into a buttered bowl (do not roll)
1/2 pkg. graham wafers

Add

3/4 cup chopped walnuts

Pour the cocoa mixture over the wafers and walnuts.
Mix together thoroughly. Press into a greased pan.

Cover with chocolate icing and cut into squares.

Carrie Steven, Grandview

QUICK LAYER CAKE

Mix together thoroughly

1 cup white sugar
1 cup sweet cream
3 eggs
1 tsp. vanilla

Sift together and add

3/4 cup sifted flour
2 tsps. baking powder
pinch salt

Beat until smooth.

Pour into buttered layer cake tins and bake in a moderate oven.

Sarah Topham, Grandview

USE CO-OP WALNUTS

WHITE LAYER CAKE

Sift together three times

2½ cups sifted cake flour

4 tsps. baking powder

¾ tsp. salt

Cream

12 tbsps. shortening

Gradually blend in

1 cup fine sugar

Cream well.

Mix together

¾ cup milk

1½ tsps. vanilla

Gradually blend into the creamed shortening and sugar mixture about one-third of the milk.

Beat until stiff, but not dry

4 egg whites

Gradually beat in

¼ cup sugar

Beat after each addition, beating until the mixture stands in peaks.

Add alternately to the creamed mixture

flour

remaining milk

Add the flour in about four parts and the milk in three.

Gently fold the meringue into the batter.

Turn into prepared 8-inch layer cake pans. Bake 30 to 35 minutes in a preheated 350° oven. When cool fill with Lemon Cake Filling. Spread with seven-minute frosting tinted yellow.

LEMON CAKE FILLING

Mix together in the top of a double boiler

2/3 cup sugar (granulated)

6 tbsps. cornstarch

1/8 tsp. salt

Slowly stir in

1 cup boiling water

Cook over low direct heat, stirring constantly, until the mixture comes to a boil. Cover and place over boiling water. Cook, stirring occasionally, until no raw flavor of starch remains—about seven minutes.

Slowly stir into the mixture

1 slightly beaten egg yolk

Cook for 2 minutes.

Remove from the heat and add

1 tbsp. butter or margarine

1 tbsp. grated lemon rind

1/4 cup lemon juice

1/4 tsp. vanilla

Cool and spread between the layers of "White Layer Cake."

Rose Trembach, Grandview

USE CO-OP MARGARINE

FEATHERWEIGHT CAKE

Mix together and heat to boiling point

$\frac{1}{2}$ cup milk

1 tbsp. butter

Beat together and add to milk

2 eggs

1 cup granulated sugar

Sift together and add to batter

1 cup sifted flour

$\frac{1}{4}$ tsp. salt

1 tsp. baking powder

Add and beat in

1 tsp. vanilla

Bake in a moderate oven for 30 minutes. While still hot, cover with the following mixture:

Beat together until thick

4 tbsps. melted butter

5 tbsps. brown sugar

2 tbsps. cream

Add

2/3 cup cocoanut

Spread on cake and put in the oven to brown.

Mrs. S. J. Stefanson, Gimli

LEMON CAKE

Mix together and pour into a pan

1 cup sifted flour

1 tsp. baking powder

1 egg, well beaten

$\frac{1}{2}$ cup butter

1 tbsp. milk

Mix together

$\frac{3}{4}$ cup sugar

2 tbsps. cornstarch

1 cup water

juice and rind of 1 lemon

Cook over low heat until thickened, then spread over batter.

Beat together and pour on top of mixture

1 egg white

$\frac{3}{4}$ cup sugar

1 cup cocoanut

Bake in a moderate oven for $\frac{3}{4}$ hour.

Arlene Lobert, Grandview

USE CO-OP FLOUR

SOUR CREAM CAKE

Mix together in order

2 cups brown sugar
3 eggs
2 cups thick sour cream
 $\frac{1}{2}$ cup cocoa mixed to a paste in
 $\frac{1}{2}$ cup boiling water
 $1\frac{1}{2}$ tsps. soda
1 tsp. vanilla
2 $\frac{1}{2}$ cups sifted all-purpose flour

Beat to form a smooth batter.

Bake in a large loaf tin 8x14 in a moderate oven for 30 minutes or until the cake leaves the sides of the pan.

PEANUT BUTTER FROSTING

Blend together thoroughly

$\frac{1}{4}$ cup peanut butter
2 tbsps. butter

Gradually add

$\frac{1}{2}$ cup corn syrup
 $\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ cup sifted icing sugar (if icing is too soft)

Spread on the cooled cake and sprinkle with nut meats.

Merry Bridges, Elm Creek

GOLDEN ALMOND CAKE

Cream well

7 tbsps. butter

Blend in

$\frac{3}{4}$ cup white sugar

Beat well and add

4 egg yolks

Mix well.

Sift together several times

1 cup and $2\frac{1}{3}$ tbsps. sifted pastry flour
1 tsp. baking powder

Add alternately to the first mixture with

$\frac{1}{4}$ cup milk

Stir in

$\frac{1}{2}$ tsp. almond flavoring

Bake in a shallow loaf pan in a moderate oven 350°. Top with blanched almonds or ice with chocolate butter frosting.

This is a good recipe for using extra egg yolks. It is moist and easy to handle—good for lunch boxes.

Stella Ransom, Flin Flon

USE CO-OP VANILLA

ORANGE LOAF CAKE

Cream

$\frac{1}{2}$ cup shortening

Cream in

1 cup white or brown sugar

Beat in

1 egg

Sift together

$1\frac{3}{4}$ cups sifted flour

$\frac{1}{4}$ tsp. salt

1 tsp. soda

Add alternately to shortening and sugar with

$\frac{3}{4}$ cup sour milk

Finally beat in

rind of 1 orange

1 cup dates

$\frac{1}{2}$ cup walnuts, chopped

Bake in a loaf pan in a moderate oven for 1 hour.

Mix together

$\frac{1}{4}$ cup white sugar

orange juice

Pour over the top of the cake when cooked.

Mary Lyons, Flin Flon

EVERYBODY'S DELIGHT CAKE

Mix together as for pastry

$1\frac{1}{2}$ cups flour

2 tbsps. brown sugar

$\frac{1}{2}$ cup butter

Pat into a 9-inch pan and bake for about 10 minutes at 350°.

Mix together

2 eggs

$1\frac{1}{4}$ cups brown sugar

$\frac{1}{2}$ cup walnuts

1 cup cocoanut

$\frac{1}{2}$ cup glazed cherries or dates

$\frac{1}{2}$ cup fruit juice or milk

vanilla

2 tps. baking powder

2 tbsps. flour

Pour over baked pastry.

Bake in a moderate oven for 20 minutes.

Mrs. S. J. Stefanson, Gimli

USE CO-OP DATES

QUEEN ELIZABETH CAKE

Mix together

1 cup chopped dates
1 tsp. baking soda

Pour over dates

1 cup boiling water

Let cool.

Cream

1/4 cup shortening

Add and cream in well

1 cup granulated sugar

Beat in

1 egg
1 tsp. vanilla
1/4 tsp. salt

Mix together and add alternately with the date mixture

1 1/2 cups sifted flour
1 tsp. baking powder
1/2 cup walnuts

Bake at 350° for 1 hour.

ICING

Mix together and boil for 3 minutes

5 tbsps. brown sugar
3 tbsps. butter
2 tbsps. cream
1/2 cup cocoanut

Pour over the hot cake and brown in the oven.

Jessie Cochran, Elm Creek

BANANA CAKE

Cream together

1/2 cup butter
1 1/2 cups sugar

Add

2 well beaten eggs

Sift together

1 1/8 cups sifted flour
1/2 tsp. salt
1/2 tsp. soda

Add alternately with

3/4 cup sour milk

Add

1 cup banana pulp
1 cup chopped walnuts

Beat well, turn into layer tins and bake in a slow oven.
Ice with butter icing flavored with banana flavoring.

Marion Campbell, Grandview

USE CO-OP WALNUTS

BANANA CAKE

Cream together

$\frac{1}{4}$ cup butter

1 cup granulated sugar

Add

2 eggs, well beaten

Dissolve in $\frac{1}{4}$ cup sour milk

1 tsp. soda

Add to creamed butter and sugar with

3 bananas, mashed fine

Beat thoroughly.

Sift together

2 cups sifted flour

2 tsps. baking powder

Fold into batter.

Bake at 350° for 45 minutes.

Florence Jamieson, Flin Flon

BETH'S CAKE

Cream

$\frac{1}{2}$ cup pre-creamed shortening

Cream in

1 cup sugar

Add and beat in

2 eggs

Sift together

2 cups sifted flour

1 tsp. soda

1 tsp. cinnamon

pinch of salt

Add alternately with

1 cup sour milk

Beat in

1 tbsp. molasses

$1\frac{1}{2}$ cups dates (or partly raisins)

Pour into layer tins and bake at 350° to 375°.

ICING

Mix together, heat to boiling and boil one minute

1 cup brown sugar

3 tsps. milk or cream

Cool a bit and add

icing sugar to thicken

butter

vanilla

Beat until smooth and consistency to spread.

Zella Young, Elm Creek

USE CO-OP FLOUR

CHEW CAKE

Cream together

$\frac{1}{2}$ cup butter

$\frac{1}{2}$ cup white sugar

Add and beat in

1 egg yolk

Sift together

$1\frac{1}{2}$ cups sifted flour

1 tsp. baking powder

1 tsp. cream of tartar

Add to butter and sugar and mix well. Pat into a pan.

Mix together

1 egg white (beaten stiff)

$\frac{3}{4}$ cup brown sugar

$\frac{3}{4}$ cup chopped walnuts

Pour this over the first mixture and bake until well done, about 20 minutes, in a moderate oven.

Olive McNabb, Minnedosa

RAISIN CAKE

Cream

$\frac{1}{2}$ lb. margarine

Add

1 egg

Sift together

2 cups sifted flour

1 tsp. baking powder

salt

Beat together and pat half of the mixture into a pan.

Mix together and cover with water

$1\frac{1}{2}$ cups raisins

$\frac{3}{4}$ cup brown sugar

Cook and thicken with

flour or cornstarch

Add

salt to taste

Pour into pan and finally top with remaining batter.

Bake at 350° for 45 minutes.

Alfreda Reed, Minnedosa

USE CO-OP WALNUTS

✓ CHOCOLATE CAKE

34 Cream together

27 $\frac{1}{2}$ cup butter

1 $\frac{1}{2}$ cups sugar

Add

3 2 eggs (well beaten)

$\frac{1}{2}$ tsp. salt

1 tsp. cream of tartar

$\frac{1}{2}$ cup cocoa

1 tsp. vanilla

Add alternately

1 $\frac{3}{4}$ cups sifted flour

$\frac{1}{2}$ cup milk (sweet)

Mix in

$\frac{3}{4}$ cup boiling water

Finally add

1 tsp. soda (dissolved in a little water)

This makes a large layer cake and is good with date filling.

Ferne Wilson, Elm Creek

COCOA CAKE

To

2 cups brown sugar

Add one at a time

2 large eggs

Beat with a wooden spoon until the mixture is very light.

Mix together well to form a paste

$\frac{1}{2}$ cup cocoa

boiling water to fill up the cup

Add to the sugar mixture with

1 tsp. vanilla

Mix together

1 cup thick, sour cream

1 tsp. soda

Sift together

2 cups sifted flour

$\frac{1}{2}$ tsp. salt

Add the cream and flour alternately to the cocoa mixture.

Bake in a moderate oven 25 minutes in layer pans or 40 minutes in a 9x12-inch pan. Ice when cold.

Vera Halliday, Elm Creek

USE CO-OP VANILLA

HUNDRED DOLLAR CHOCOLATE CAKE

Sift together into a mixing bowl

2 cups sifted flour
1 1/8 cups sugar
4 tbsps. cocoa

Stir in

1 cup salad dressing
1 cup strong coffee
1 tsp. baking soda

Mix well. Pour into greased baking pans and bake at 350° for 35 minutes.

ICING

Cream together

4 tbsps. butter
2 cups icing sugar

Add

strong coffee to mix
1 tsp. vanilla
1/4 tsp. almond extract

Mrs. Wollenhaupt, Flin Flon

VARIATION FOR CAKE

Add 1/2 cup chopped pecans and substitute water for coffee.

Helen Lawton, Flin Flon

TOMATO SOUP CAKE

Cream

1/2 cup shortening

Add

1 cup white sugar

Cream well.

Add

1 10-oz. tin tomato soup

Sift together

1 1/2 cups flour
1 tsp. cinnamon
1 tsp. soda
1/2 tsp. salt
1/2 tsp. cloves

Beat into soup mixture.

Finally add

1 cup raisins, floured

Bake in a moderate oven.

June Rausch, Grandview

USE CO-OP COFFEE

SCOTCH FRUIT CAKE

Cream together

1 cup brown sugar

1 cup oatmeal

1/2 cup shortening

Add and beat in

2 eggs

Sift together

1 1/2 cups sifted flour

1 tsp. soda

1/2 tsp. nutmeg

1/2 tsp. cinnamon

Add to the oatmeal and shortening mixture alternately with

1 cup sour cream

Finally mix in

1 cup raisins

walnuts

Bake for 25 minutes at 375°.

Enid Johnson, Baldur

FAVORITE FRUIT CAKE

Mix together

2 lbs. raisins

1/4 lb. candied cherries

1/4 lb. nut meats

1/2 lb. candied mixed fruit

1 grated apple

Cream together

1 cup soft margarine

1 cup sugar

6 eggs

1/4 cup fruit juice

Mix fruit into creamed margarine and sugar.

Sift together

1 3/4 cups sifted all-purpose flour

1 tsp. soda

1/4 tsp. nutmeg

1/4 tsp. allspice

1/4 tsp. cinnamon

Stir into batter.

Pour into tins lined with wax paper.

Bake for 2 hours at 275°, then for 45 minutes at 325°.

Yield: 4 1/2 lbs.

Tina Derksen, Lowe Farm

USE CO-OP MARGARINE

CHRISTMAS CAKE

Prepare and mix together

2 lbs. raisins
2 lbs. currants
1 lb. dates
 $\frac{1}{2}$ lb. chopped mixed nuts
 $\frac{1}{2}$ lb. cherries
 $\frac{1}{2}$ lb. mixed peel

Cream

1 lb. butter

Cream in

1 lb. brown sugar

Beat and add to the creamed butter and sugar

9 eggs

Add

1 small can crushed pineapple (other fruit juices if desired)

Sift together and add

1 pint flour

1 tsp. soda

Dredge the mixed fruit with

1 pint flour

Finally mix fruit into the batter.

Pour batter into 3 tins which have been lined with paper and bake in a slow oven.

This recipe was made up by the ladies at Muncho Lake, Alaska Highway. They kept the fruit and nuts and sugar in a crock until they started to ferment, stirring them occasionally, and then added them to the other ingredients.

Annie Halverson, Elm Creek

JELLY ROLL

Sift together

1 cup sifted flour
1 tsp. cream of tartar
or 1 tsp. baking powder
 $\frac{1}{2}$ tsp. soda
pinch of salt

Beat until light

4 eggs

Beat in

1 cup sugar

Fold flour mixture into eggs and sugar and add

$\frac{1}{2}$ tsp. lemon flavoring

Turn into a large pan lined with wax paper like a cookie sheet and bake in a moderate oven for 12 minutes.

Turn onto a moist towel which has been sprinkled with icing sugar, spread with jam. Roll while still warm and place on a rack to cool. (If the edges are cut off before rolling, the roll is not as likely to crack.)

Lena Fehr, Altona

USE CO-OP MIXED PEEL

WEDDING CAKE

Prepare

- 1 lb. currants
- 3 lbs. raisins
- $\frac{1}{2}$ lb. dates
- 2 lbs. mixed glace fruit
- 1 bottle red maraschino cherries
- 1 bottle green maraschino cherries
- 2 cups blanched almonds (slivered)
- 1 cup pecans
- 1 cup walnuts

Dredge with

- 1 cup flour

Cream

- 1 lb. butter

Add

- 1 tbsp. lemon flavoring
- 1 tbsp. almond flavoring
- 1 tbsp. vanilla
- $\frac{1}{2}$ cup thick, sour cream
- $1\frac{1}{2}$ cups white sugar
- 1 cup brown sugar

Beat thoroughly.

Beat well and add to the creamed mixture

- 10 eggs

Sift together

- 4 cups flour
- 1 tsp. baking powder
- 1 tsp. soda
- 1 tsp. salt
- $\frac{1}{2}$ tsp. cloves
- 4 tsps. cinnamon
- 1 tsp. nutmeg
- 2 tsp. allspice

Add flour mixture to creamed mixture.

Add

- $\frac{1}{2}$ cup thick strawberry jam
- juice from bottle of red maraschino cherries

Pour this batter over fruit mixture and mix thoroughly.

Fill tins, which have been lined with several thicknesses of waxed paper. Fill about $2/3$ full and bake in a slow oven 300° for 2 hours for the small cake; 3 hours for the medium cake and 4 hours for larger cakes.

Florence Endall, Minnedosa

USE CO-OP VANILLA

ORNAMENTAL ICING

Make a well in the centre of
1 lb. sifted icing sugar

Pour in

2 egg whites, lightly beaten
2 tbsps. strained lemon juice
1 tsp. glycerine

Mix together well. The glycerine is necessary to keep the icing from hardening while you work and also to whiten the icing.

Minnie Isaacs, Winnipeg

SPONGE CAKE DELUXE

Beat until light

6 egg yolks

Add and beat in

1½ cups sugar
3 tbsps. cold water
1 tsp. lemon rind (grated)
1 tsp. lemon extract

Beat into egg yolks alternately

1½ cups sifted flour
3 tbsps. cold water

Beat until stiff but not dry

6 egg whites

Add and beat well

1½ tps. baking powder
¼ tsp. salt

Fold beaten egg whites into the egg yolk mixture always folding the batter in the same direction. Bake in a large tube pan for 1 hour and 10 minutes at 325°. Invert pan and let the cake hang until cold—about 1 hour. Serve with "Lemon Filling."

LEMON FILLING

Cook as directed

1 pkg. lemon pie filling

Allow to cool and fold in

1 cup of cream (whipped)

Split the cake into 2 or 3 layers and fill with lemon filling. Also spread filling on the top and sides of the cake and decorate with small pieces of candied cherries.

Tina Braun, Lowe Farm

USE CO-OP FLOUR

ORANGE CHIFFON CAKE

Sift together into a bowl

1 1/4 cups sifted cake flour
or 1 cup sifted all-purpose flour
2 tsps. baking powder
1/2 tsp. salt
3/4 cup fine granulated sugar

Mix together and add to dry ingredients

1/4 cup salad oil
1/3 cup orange juice
1 tsp. orange rind
3 egg yolks
1/2 tsp. lemon extract

Beat until smooth.

Beat together until very stiff

3 egg whites
1/4 tsp. cream of tartar

Fold egg whites into batter blending very carefully to retain the volume of the beaten egg whites.

Bake in an ungreased 8-inch tube pan in a moderate oven 350° for 45 minutes.

Allow to cool completely before removing from the pan, by suspending the inverted cake so that the surface of the cake does not touch anything. Frost when cool with Orange Frosting or whipped cream.

ORANGE FROSTING

Cream together

2 tbsps. butter
1/4 tsp. lemon extract
1/2 tsp. grated orange rind

Add

2 cups sifted icing sugar
3 tbsps. orange juice

Beat until creamy and smooth.

Edith Isford, Baldur

USE CO-OP SALAD and COOKING OIL

CO-OP SALAD AND COOKING OIL

Co-op Salad and Cooking Oil is one of the few Co-op labelled goods that is Co-op all the way. It has earned the distinction of being packed in a red labelled Co-op container because sunflower seed oil is recognized to be the finest grade of Salad and Cooking Oil on the market today.

Sunflowers, from which the oil is pressed, are grown in southern Manitoba by farmers who together built a million dollar plant to process this crop so that their farm program could be diversified.

This Co-op factory started operating in 1946 at an initial cost of 160,000 locally invested dollars. So successful were its operations that expansion continued steadily until 1951 when it became a million dollar business. The cost of the plant has been earned by its operations; besides, many thousands of dollars have already been paid in cash dividends to member growers.

Co-op Salad and Cooking Oil is distributed to Co-op wholesales across Canada by Interprovincial Co-operatives Ltd., Winnipeg. Co-op wholesales in turn sell it to Co-op stores and so back to the consumer—from producer co-operator to consumer co-operator—or—from the soil to the frying pan—co-operatively.

FOR BEST RESULTS USE CO-OP SALAD AND COOKING OIL IN ALL YOUR BAKING, COOKING, FRYING AND SALADS.

CO-OP. VEGETABLE OILS LTD.

ALTONA — MANITOBA

PINEAPPLE CHIFFON CAKE

Sift together into a bowl

2 cups sifted all-purpose flour
1½ cups sugar
3 tsps. baking powder
1 tsp. salt

Make a well and add in order

½ cup cooking oil
7 unbeaten egg yolks
¾ cups pineapple juice
2 tsps. grated lemon rind
2 tsps. vanilla
½ cup well drained pineapple

Beat until smooth.

Mix together and beat until they form very stiff peaks

1 cup egg whites
½ tsp. cream of tartar

Gradually fold in egg yolk mixture, gently with a rubber scraper.

Bake in an ungreased 10-inch tube pan at 325° for 65 to 70 minutes or 9x13x2-inch oblong pan at 350° for 45 to 50 minutes. Frost with Pineapple Butter Frosting.

Catherine Ross, Minnedosa

MOCHA CHIFFON CAKE

Sift together into a bowl

2¼ cups sifted cake flour
3 tsps. baking powder
1 tsp. salt
1½ cups fine granulated sugar

Make a well in the centre and add

½ cup salad oil
5 unbeaten egg yolks
¾ cup cold strong coffee
1 tsp. vanilla

Mix a little with a spoon; then combine with flour mixture and beat until smooth.

Add and beat in

3 oz. chilled semi-sweet chocolate, thinly shaved
(a potato peeler shaves chocolate well)

Mix together and beat until very stiff (stiffer than for meringue)

1 cup egg whites
½ tsp. cream of tartar

Gradually fold egg yolk mixture into the egg white mixture. Turn into ungreased 10-inch tube pan. Bake in a slow oven 325° for 1 1/3 to 1 1/2 hours.

Immediately cake is baked, invert pan and allow cake to hang, suspended until cold. Remove cake carefully from pan and cover with a brown sugar seven-minute frosting in which strong coffee is used in place of the usual water.

Marie Siemens, Altona

USE CO-OP COFFEE

PARFAIT CHIFFON CAKE

Melt

2 squares unsweetened chocolate

Add and mix well

$\frac{1}{4}$ cup hot water

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ tsp. soda

Sift together into a bowl

2 cups sifted all-purpose flour

$1\frac{1}{2}$ cups sugar

3 tsps. baking powder

1 tsp. salt

Form a well and add

$\frac{1}{2}$ cup cooking oil

7 unbeaten egg yolks

$\frac{3}{4}$ cup water

2 tsps. vanilla

Beat until smooth.

Mix together

1 cup egg whites (7 or 8)

$\frac{1}{2}$ tsp. cream of tartar

Beat into very stiff peaks (stiffer than for meringue).

Pour egg yolk mixture gradually over beaten egg whites folding in. Do not stir. Divide the batter; add chocolate mixture to half. Pour plain and chocolate batters alternately into ungreased 10-inch tube pan 4 inches deep.

Bake 55 minutes at 325° , then increase to 350° for 10 to 15 minutes. Turn the pan upside down. Let it hang free of the table until cold. Loosen cake from sides and tube with a spatula. Turn pan over and hit edge sharply on table to loosen.

Florence Fehr, Altona

USE CO-OP FLOUR

VANILLA BUTTER ICING

Cream until soft

4 tbsps. butter or margarine

Add

few grains salt

Work into butter alternately

2 cups sifted icing sugar

2 tbsps. scalded cream (about)

(Have the cream very hot and use just enough to make the frosting of spreading consistency.)

Beat in

1/2 tsp. vanilla

Yield—sufficient for top and sides of an 8-inch layer cake.

COFFEE BUTTER ICING

Make vanilla butter icing substituting

2 tbsps. very hot strong coffee

for the 2 tbsps. scalded cream.

Irene Rempel, Lowe Farm

CHOCOLATE ICING

Beat with a spoon or electric mixer until fluffy

1 large egg

2 cups confectioner's sugar

1/4 tsp. salt

1/4 cup soft shortening

2 squares unsweetened chocolate (melted)

Christie Dickie, Minnedosa

CHOCOLATE ICING (Boiled)

Mix together and place over low heat

4 squares chocolate (unsweetened)

1 cup sugar

1 1/2 cups milk

Stir constantly until mixture boils.

Combine and add to chocolate mixture

5 tbsps. flour

2 tbsps. cold water

Cook until thick and then add

2 tbsps. butter

1 tsp. vanilla

Cool and spread.

Mrs. S. J. Stefanson, Gimli

USE CO-OP COFFEE

ALMOND PASTE

Blanche

1 lb. almonds

Remove skins, dry well between towels, dry in a slow oven and put through a food chopper 3 or 4 times with fine knife blade.

Mix with

1 lb. sifted icing sugar

pinch of salt

3 or 4 beaten egg yolks

1 tsp. almond extract

Mix together and then knead with the hands as a dough until smooth and stiff. Sprinkle board lightly with icing sugar. Roll almond paste out to about $\frac{1}{4}$ to $\frac{1}{2}$ inch thickness in desired shape.

Brush crumbs from the cake, lightly brush with slightly beaten egg or a little jam or jelly. Press almond paste gently but firmly on to the cake to exclude all air and smooth over with the hands.

Minnie Isaacs, Winnipeg

MOOSOMIN CO-OPERATIVE ASSOCIATION

The Moosomin Co-operative Association was started in July, 1937, with the first store in an old warehouse building. Flour and other milling products and gas were the principal items for sale. Gradually a grocery stock was added as business and membership increased.

The next step was the purchase of a building on Main Street, about three years later. Following this was the purchase of a local hardware business and later the purchase of a garage situated in the centre of town. In 1945 a lumber department to service members was added to existing facilities and then a locker plant was built.

Operations, however, were expanding too rapidly and were being financed on borrowed capital for the most part, rather than out of earnings and share capital. Garage operations, due largely to the difficulty of securing an efficient manager, had to be discontinued in 1951 when these operations resulted in deficits that had to be made up by the other departments.

Since that time however, the Association has made slow but steady progress and there are indications that patronage dividends will be available for distribution this year.

USE CO-OP MARMALADE



Preserves



Preserves

ELM CREEK CO-OP LOCKER PLANT

The Elm Creek Co-op Locker Plant came into being following a unanimous vote taken at an organizational meeting April 4, 1950. A provisional board of seven members was set up and these members conducted a canvass of the district for \$25.00 shares. Within one year one hundred members had been enlisted.

In the fall of 1950 an educational drive was conducted, in Wingham and Elm Creek communities, to discuss share sales and the use of the proposed locker plant. The next step was the matter of arranging for subscription loans.

The first building had been a church, moved to a site in Elm Creek, renovated and converted into a locker plant. Financed by a \$6,000 loan arranged through the credit union, this renovation was completed and followed by the purchase of the local meat shop. In April, 1951, one year after the organizational meeting, the locker plant was opened for business.

Then catastrophe came. In May, 1951, the entire plant was destroyed by fire. The patrons themselves provided much of the finance for the new building that was started almost immediately. The remainder came from insurance and the patrons' loans.

The new building, with 198 lockers rented, was officially opened September 1, 1951. Elm Creek co-operators are proud of their locker plant, first as a valuable asset to the community and as a monument to what can be accomplished by working together.

DILL PICKLES

In the bottom of sterilized jars put

1 pickling onion
1 clove garlic
head of dill

Pack with

cucumbers (pierce with a knife to prevent hollowness)

On top of jar put

head of dill
1 tsp. pickling spice
1 red pepper
1 tbsp. salt

Fill with boiling water. Seal.

Kathleen Einarson, Flin Flon

DILL PICKLES

In the bottom of a clean 2-quart jar put

1 large piece of dill
1 clove garlic (optional)
1 tbsp. chopped cabbage
1 tbsp. chopped parsley
2 or 3 cherry leaves

Pack with

cucumbers

Top with

1 large piece of dill

Boil together

3 or 4 cups water
3 tbsps. salt
1 tsp. mixed pickling spices

Allow to cool, then fill jar to overflowing and cover.

When the pickles begin to ferment, some of the water may boil out. If this happens, pour cold water in to fill the jar.

Ellinor Schultz, Grandview

SWEET DILL PICKLES

Put dill into the bottom and sides of jars and pack with
small freshly-picked cucumbers

Bring to a boil and pour over cucumbers filling each jar

8 cups water
2 cups vinegar
1 cup sugar
1 tsp. salt to each cup liquid

To each jar add

1 tsp. mixed pickling spices
1 tsp. alum (optional)
small piece of horseradish (optional)
clove garlic (optional)

Adjust tops. Put jars into boiling water until cucumbers change color (about 5 minutes).

Margaret Braun, Lowe Farm

USE CO-OP CANNED VEGETABLES

SWEET CUCUMBER PICKLES (4-Day)

Wash

4 qts. small cucumbers

Cut large ones into fairly thick slices.

Sprinkle with

1 cup salt

Pour over them

4 qts. boiling water

Let stand overnight. Drain and rinse thoroughly.

Make a syrup of

1 qt. water

1 qt. vinegar

2 cups sugar

Add

1/2 cup mixed pickling spices

Bring to a boil, pour over cucumbers and let stand overnight, drain.

Add

1 cup sugar

Reheat, pour over pickles, let stand overnight again. Drain.

Repeat this process twice more, adding each time

1 cup sugar

Finally add

1 cup sugar

Bring to a boil. Pack pickles into hot, sterile jars. Fill jars to overflowing. Seal immediately.

Nena Woodward, Winnipeg

SWEET RIPE CUCUMBER PICKLES

Peel and remove the seeds of cucumbers. Let stand overnight in a weak brine. Drain, rinse with clear water. Cook until clear in the following syrup.

To every 10 lbs. cucumbers add

4 lbs. sugar

1 qt. white vinegar

1 cup hot water

1 tbsp. whole cinnamon (in a spice bag)

1 tbsp. whole cloves (in a spice bag)

Boil gently until the cucumbers are clear.

Pour into hot, sterilized jars and seal.

Minnie Isaacs, Winnipeg

USE CO-OP TOMATOES

DILLED SMALL CARROTS

Pack sealers with
cleaned small carrots
Put in each sealer
dill
small piece of garlic
Mix together and heat to boiling
2 cups vinegar
 $\frac{1}{2}$ cup salt
4 cups water
Pour over carrots and seal.

Maude Sisson, Elm Creek

CARROT PICKLES

Take stems off tops of
small new carrots
Do not slice off any carrot. Wash. Put in boiling water
and boil until tender. (Not too soft.)
Skin carrots and put in a crock. Cover with the following
syrup
3 cups vinegar
2 cups water
1 to $1\frac{1}{2}$ cups sugar
bag of pickling spices ($\frac{1}{2}$ to $\frac{3}{4}$ cup)
Let stand overnight. Next day pour off the syrup and
reheat to boiling. Pack carrots into hot, sterilized jars and
pour on hot syrup and seal tight.

Nena Woodward, Winnipeg

NINE DAY ONIONS

Pour over
peeled pickling onions
Mixture of
1 cup salt to
2 qts. boiling water
Let stand three days. Drain. Bring brine to a boil, pour
over onions and let stand three days more.
Drain and cover with mixture of
1 gallon boiling water
1 tbsp. alum
Let stand 6 hours. Drain and pour over a syrup made of
 $1\frac{1}{2}$ qts. vinegar
6 cups white sugar
1 oz. celery seed
1 oz. allspice berries
1 oz. cinnamon
Bring syrup to boiling.

Velma Hanson, Flin Flon

USE CO-OP CORN

PICKLED BEETS

Cook with skin on, dip into cold water and peel

2 qts. small beets

Mix together and boil for 5 minutes

2 cups sugar

2 cups vinegar

2 cups water

1 stick cinnamon

1 tsp. cloves

1 tsp. allspice

1 lemon, sliced

Add the beets, boil for 15 minutes, pour into hot, sterilized jars and seal.

Gladys Proven, Minnedosa

Tine Loewen, Altona

CHERRY OLIVES

Wash cherries and leave the stems on. Pack in sterilized quart jars.

Sprinkle with

1 tbsp. salt

2 tbsps. sugar

Pour over cherries

1 cup vinegar

water to fill jar

Seal tight and let stand at least two weeks before using.

Velma Hanson, Flin Flon

MUSTARD CHOW CHOW PICKLES

1 qt. cucumbers

1 qt. onions

6 green peppers

1 cauliflower

Cut into cubes

1 qt. cucumbers

1 bunch celery

Add

1 qt. small pickling onions

Cover with brine and let stand overnight.

Drain and add

8 cups sugar

2 qts. vinegar

1/2 oz. turmeric

1/4 oz. mustard seed

Let come to a boil and add

1 cup flour

1/4 lb. mustard

Cook slowly until thick, pour into hot, sterilized jars and seal.

Minnie Proven, Minnedosa

USE CO-OP FLOUR

BREAD AND BUTTER PICKLES

Slice without peeling
5 medium cucumbers

Peel and slice
3 onions

Combine and add
1/4 cup salt

Let stand for two hours. Drain well.

Heat to boiling

1 cup vinegar
1 tsp. celery salt
1 cup water
1 tsp. mustard seed
3/4 cup sugar
1/2 tsp. ginger
1/4 tsp. turmeric

Add cucumbers and onions and boil slowly until they are tender. Pack into hot, sterilized jars and seal at once.

Florence Fehr, Altona

CUCUMBER RELISH

Chop fine
1 qt. green tomatoes
1 qt. cucumbers
1 qt. onions
1 large cauliflower
1 small head cabbage
3 sweet peppers

Sprinkle with

1/2 cup salt

Cover with boiling water. Let stand for 30 minutes.

Drain and cover with

1 qt. vinegar

1 qt. water

Bring to the boiling point.

Mix with a little cold water

3 tbsps. mustard

1 cup flour

1 tsp. turmeric

Add to the pickles with

4 cups sugar

Bring again to the boil. Pour into hot, sterilized jars and seal with paraffin wax.

Irene Rempel, Lowe Farm

USE CO-OP MUSTARD

HOT DOG RELISH

Grind or chop very finely

25 medium cucumbers

3 large onions

Sprinkle with

1/2 cup salt

Let stand overnight, drain well and rinse if too salty.

Remove seeds and membranes and grind

2 green peppers

2 red peppers

Add to the chopped vegetables with

1 tbsp. mustard seed

1 tbsp. celery seed

Boil for 10 minutes

3 cups brown sugar

3 cups mild vinegar

Add the chopped vegetables and heat them to boiling point but DO NOT BOIL.

Fill hot, sterilized jars and cover with paraffin.

Good for sandwiches mixed with chopped meat or hard-cooked eggs.

Tina Rempel, Lowe Farm
Minnie Isaacs, Winnipeg

LA CO-OPERATIVE DE HAYWOOD LIMITED

La Co-operative de Haywood Limited was organized in 1945 with thirty-six members who invested \$455 in share capital, and who received their charter to carry on business the following year. Taking members and share capital, then adding a small store and office, a small oil warehouse with two tanks, these provided the recipe that resulted in La Co-operative de Haywood Limited.

The first year of operations produced total sales of \$18,000; in 1952 they had pyramided to \$57,000, which represented a net saving to members of \$2,451. There are now 175 members who own a warehouse attached to the store with storage capacity for 15,000 gallons of fuel; they handle a full line of hardware, fuel, oil, grease, feed, building products and lumber.

These basic ingredients were brought together through a membership that has provided wise and careful baking through the years since 1945. Today's product is worthy of exhibition among other samples of co-operative activity.

USE CO-OP PEANUT BUTTER

MUSTARD BEAN PICKLES

Mix and boil until thick

$\frac{1}{2}$ cup flour
3 cups brown sugar
1 tbsp. celery seed
1 tbsp. turmeric
 $\frac{1}{4}$ cup mustard
3 cups vinegar

Add

4 qts. cooked green beans

Bring to a boil, pour into hot, sterilized jars and seal.
Minnie Isaacs, Winnipeg

RHUBARB RELISH

Mix together

1 qt. chopped rhubarb
1 qt. chopped onions
1 pt. vinegar
 $1\frac{1}{2}$ lbs. brown sugar
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. allspice
 $\frac{1}{2}$ tsp. cloves
 $\frac{1}{2}$ tsp. pepper
1 tsp. salt

Cook over low heat until thick, stirring occasionally. Pour into hot, sterilized jars and seal.

Edna Joelson, Baldur

WINKLER CO-OPERATIVE TRUCKING

(Organized for Service)

The Winkler Co-operative Trucking is tangible evidence of what can be accomplished when people work together. Although still in its infancy this trucking co-operative has proved to be one of the most successful co-operative enterprises in the community.

Prior to 1948 the Winkler Co-ops were concerned about the cost of trucking goods and needed supplies from Winnipeg. The managements and officers of the Winkler co-ops came together and from this meeting evolved the idea which has materialized as the Winkler Co-operative Trucking.

Today, Co-op Trucking has a shiny new truck, all decked out in co-op colors. The trucking problems of the co-ops have been solved; but private business is also using this excellent service. Once again, co-operative benefits are shared by all.

USE CO-OP FLOUR

TOMATO CHILI SAUCE

Remove seeds and membrane from

3 pimentoes (sweet red peppers, fresh or canned)
1 sweet green pepper

Grind in food chopper, using medium fine blade, with
2 large white cooking onions

Make a spice bag of fine cheesecloth containing
2 or 3 cinnamon sticks, broken up
8 cloves
1 tsp. celery seed
4 pepper corns (whole black pepper)
2 or 3 dried small red peppers

Place in

1 pint and $\frac{1}{2}$ cup cider vinegar

Boil together slowly for 12 minutes. Remove bag and drain.

Pour boiling water over

15 red tomatoes (about $3\frac{3}{4}$ lbs.)

Allow to stand 1 to 2 minutes. Drain, peel and cut into small pieces.

Add tomatoes to the vinegar with

peppers and onions

$\frac{1}{2}$ cup sugar

3 tsps. salt

Boil slowly for 1 hour, stirring occasionally.

Add

1 cup sugar

Boil rapidly, stirring often, until thick. Skim, if necessary, pour into hot, sterilized jars and seal with wax.

Edith Isford, Baldur

GREEN TOMATO MINCEMEAT

Combine

4 qts. finely chopped green tomatoes (about 24 to 28 medium)

2 qts. finely chopped apples (about 8 to 10 medium)

1 lb. raisins

4 tbsps. minced citron, lemon or orange peel

1 tbsp. cinnamon

2 tsps. salt

$\frac{1}{4}$ tsp. allspice

$\frac{1}{4}$ tsp. cloves

2 cups brown sugar

$\frac{3}{4}$ cup vinegar

$\frac{1}{4}$ to $\frac{1}{2}$ cup lemon juice

2 cups water

Cook slowly until tender and slightly thickened. Pour into hot, sterilized jars and seal.

Marie Siemens, Altona

USE CO-OP MINCEMEAT

GREEN TOMATO SANDWICH SPREAD

Mix together

1 qt. chopped green tomatoes (remove seeds before chopping)

1 cup chopped peeled onions

3 chopped sweet green peppers (seeds removed)

3 chopped sweet red peppers (seeds removed)

Sprinkle with

2 tbsps. salt

Allow to stand for 1 hour or more, then drain thoroughly.

Add

1 cup water

Cook until tender.

Add

1 cup chopped sweet pickle

Keep hot while preparing dressing as follows:

Sift together

1½ cups sugar

7 tbsps. flour

2 tsps. mustard

Moisten to form a paste with

1 cup vinegar

Add gradually

2 cups sour cream

3 eggs, beaten

Cook over hot water until thick, stirring constantly. Pour the dressing over the vegetables. Pour spread into hot, sterilized jars and seal at once with melted paraffin. Cover with lids and store in a cool, dry place.

Tina Rempel, Lowe Farm
Delza Longman, Winnipeg

CANNED PORK AND BEANS

Wash, cover with soft water and soak overnight

10 lbs. dry beans

Cook in same water until skins are lightly loosened.

Add and mix in well

4 lbs. pork, cut into small pieces

5 tsps. mustard

2½ cups brown sugar

2 tsps. pepper or more

½ cup salt

1½ to 2 bottles ketchup

Ladle into jars or cans, leaving about 1 inch at the top for expansion. If there is plenty of liquid in the jars they will be more like the commercial beans and nicer than too dry. Seal and process 65 minutes at 10 lbs. pressure in a pressure cooker, or 4½ hours in hot water.

Yield: 20 quarts.

Harriet Lee, Erickson

USE CO-OP KETCHUP

SAUERKRAUT

Remove outer leaves and drain

40 to 50 lbs. cabbage

Cut in halves or quarters. Remove the core. Shred about 5 lbs. at a time and, using the hands, mix thoroughly with **3½ tbsps. salt (measure carefully as over-salting prevents proper fermentation)**

Pack the salted cabbage firmly and evenly with a wooden spoon or tamper into a 5-gallon crock.

Repeat shredding, salting and packing until jar is filled to within 4 or 5 inches of the top. Cover with a clean cloth, then a plate and put a weight on the plate to keep it down. Keep in a warm place and inspect each day, removing scum with a spoon and rinsing cloth in clear water. Fermentation takes 2 to 3 weeks. Kraut may be left in a cool place in the crock if care is taken to remove scum that forms, or it may be canned any time from 1 to 3 months after fermentation is completed. Drain off juice, pack cold kraut into hot, sterilized glass jars to $\frac{1}{2}$ inch from the top. Heat juice to boiling, pour over kraut, seal and store in a cool, dark place. Do not process.

Molly Matzick, Grandview

CANNED TOMATO SOUP

Cook together until soft

1 peck ripe tomatoes, chopped coarsely

1 bunch celery, cut in 1-inch lengths

6 medium onions, chopped

Rub through a sieve, mashing through all pulp possible.

Sift together

$\frac{3}{4}$ cup flour

$\frac{1}{4}$ cup white sugar

4 tbsps. salt

$\frac{1}{4}$ tsp. cayenne

Cream with

1 cup butter

Add to the hot tomato pulp, cooking and stirring until the mixture is thick and smooth. Bring to the boiling point, let boil a minute or two then pour into hot, sterilized jars and seal at once. (If there is difficulty in blending the flour moisten with cold water, add the butter and cook as directed.) If the soup is lumpy, strain and reheat before bottling.

To serve, dilute with an equal amount of milk and heat. Do not let boil.

Olive McNabb, Minnedosa

USE CO-OP FLOUR

CANNED PEACHES WITHOUT SUGAR

Peel and slice peaches into sterile jars. Fill as full as possible.

Place lid in place and process in boiling water 25 to 35 minutes. Tighten lids.

Will keep indefinitely and have the quality of fresh fruit for winter use.

Mary Thoren, Erickson

GRAPE JUICE

Select well-ripened grapes. Wash and stem and place in a preserving kettle. Cover with water and boil until the seeds are free. Strain through a jelly bag, then measure the juice. Return it to the fire and bring to a boil, then to

4 cups juice

Add

1/2 cup sugar

Boil steadily for 5 minutes, pour into hot, sterilized jars and seal.

Minnie Isaacs, Winnipeg

CRANBERRY AND ORANGE RELISH

Wash and pick over

4 cups fresh cranberries

Put through food chopper with

1 large orange, cut and with seeds removed

Mix with

2 cups white sugar

Keep for a few days before using.

Minnie Isaacs, Winnipeg

GRAPE JELLY

Mix together

2 cups grape juice

2 cups canned apple juice

1/4 cup canned lemon juice

7 cups white sugar

Stir well, bring to a rapid boil.

Add

1/2 bottle Certo

Boil a half minute, stirring. Pour into hot, sterilized jars and seal.

Minnie Isaacs, Winnipeg

USE CO-OP APPLE JUICE

SASKATOON JELLY

Put in a heavy kettle and crush

4 lbs. fully ripe Saskatoons

Heat gently until the juice begins to flow, then simmer for 15 minutes.

Pour into a jelly bag and squeeze out the juice.

Measure into a large saucepan

3½ cups juice

7½ cups sugar

½ cup lemon juice

Bring to a full rolling boil and at once add

1 bottle Certo

Stirring constantly, boil a half minute. Pour into hot, sterilized jars and seal with wax.

Helen Sisson, Elm Creek

PLUM JAM

Pick over, wash and remove stems of

3 lbs. wild plums

Put in a preserving kettle and cover with

1 qt. water

Add

1 tbsp. soda

Cook until the skins begin to crack (about 5 minutes).

Drain and rinse with cold water.

Cover with

1½ cups cold water

Cook until soft for about 15 minutes.

Add and stir until dissolved

2 lbs. brown sugar

Bring to a hard boil and cook, stirring, until the juice tests for jelly (15 to 20 minutes). Skim off pits and pour into sterilized jars and seal with layers of wax.

Irene Rempel, Lowe Farm

STRAWBERRY JAM

Pour boiling water over

1 quart strawberries

Drain. Pour over cold water, drain.

Add

1 cup sugar

Allow to come to a boil for 4 minutes. Shake pan to keep from burning (do not use a spoon). Remove from stove.

Add

juice of ½ lemon

2 cups sugar

Let come to a rolling boil for 6 minutes. Skim. Pour into a bowl and let stand overnight. Pour into jars and seal.

Sarah Reimer, Altona

USE CO-OP PEAS and CARROTS

SASKATOON RHUBARB JAM

Mix together and cook until tender

juice of 1 large orange

rind of 1 large orange, chopped

3 lbs. rhubarb, cut

1/2 cup water

Add

3 lbs. Saskatoons, crushed

Cook together for 15 to 20 minutes, pour into hot, sterilized jars and seal with wax.

Florence Fehr, Altona

RHUBARB JAM

Mix together and let stand overnight

5 cups rhubarb, cut small

1 cup white sugar

Add

3 cups sugar

Boil 15 minutes. Remove from heat.

Add

1 pkg. raspberry jelly powder

or 1 pkg. strawberry jelly powder

Pour into hot, sterilized jars and seal.

Helen Sisson, Elm Creek

RHUBARB MARMALADE

Mix together and let stand overnight

5 lbs. rhubarb, cut

5 lbs. sugar

Add

rind of 2 lemons, grated

rind of 2 oranges, grated

rind of 2 oranges, cut up

juice of 2 oranges

juice of 1 lemon

1/2 cup chopped kernels of peach, plum or apricot pits

Boil briskly until thick enough to jell (from 3/4 to 1 hour).
Pour into hot, sterilized jars and seal with wax.

Irene Rempel, Lowe Farm

PEACH MARMALADE

Put through a food chopper

1 dozen fresh peaches, peeled and pitted

3 dozen apples, cored

3 dozen oranges

Add to each cup of fruit

1 cup sugar

Boil slowly until thick. Pour into hot, sterilized jars and seal.

Velma Hanson, Flin Flon

USE CO-OP MARMALADE

HEAVENLY MARMALADE

Cut into strips outer rind (not the white part) of
3 lemons
3 oranges

Remove edible fruits (discarding seeds and white part) of oranges and lemons, place in a bowl with prepared rinds, cover with water and leave overnight. Next day bring to a boil and simmer gently until tender.

Prepare

8 peaches
4 pears
6 apples

Cut into cubes and add to the first mixture.

Bring to a boil, adding gradually
6 lbs. sugar

Stir until dissolved, simmer gently, stirring frequently. Cook until mixture thickens as for jam. Pour into hot, sterilized jars, seal with wax.

Tien Sawatsky, Altona

LOWE FARM CO-OP. STORE

The inception of the finest store presently in the Lowe Farm community dates back to 1939. At that time seventy-three persons subscribed \$365.00 in share capital.

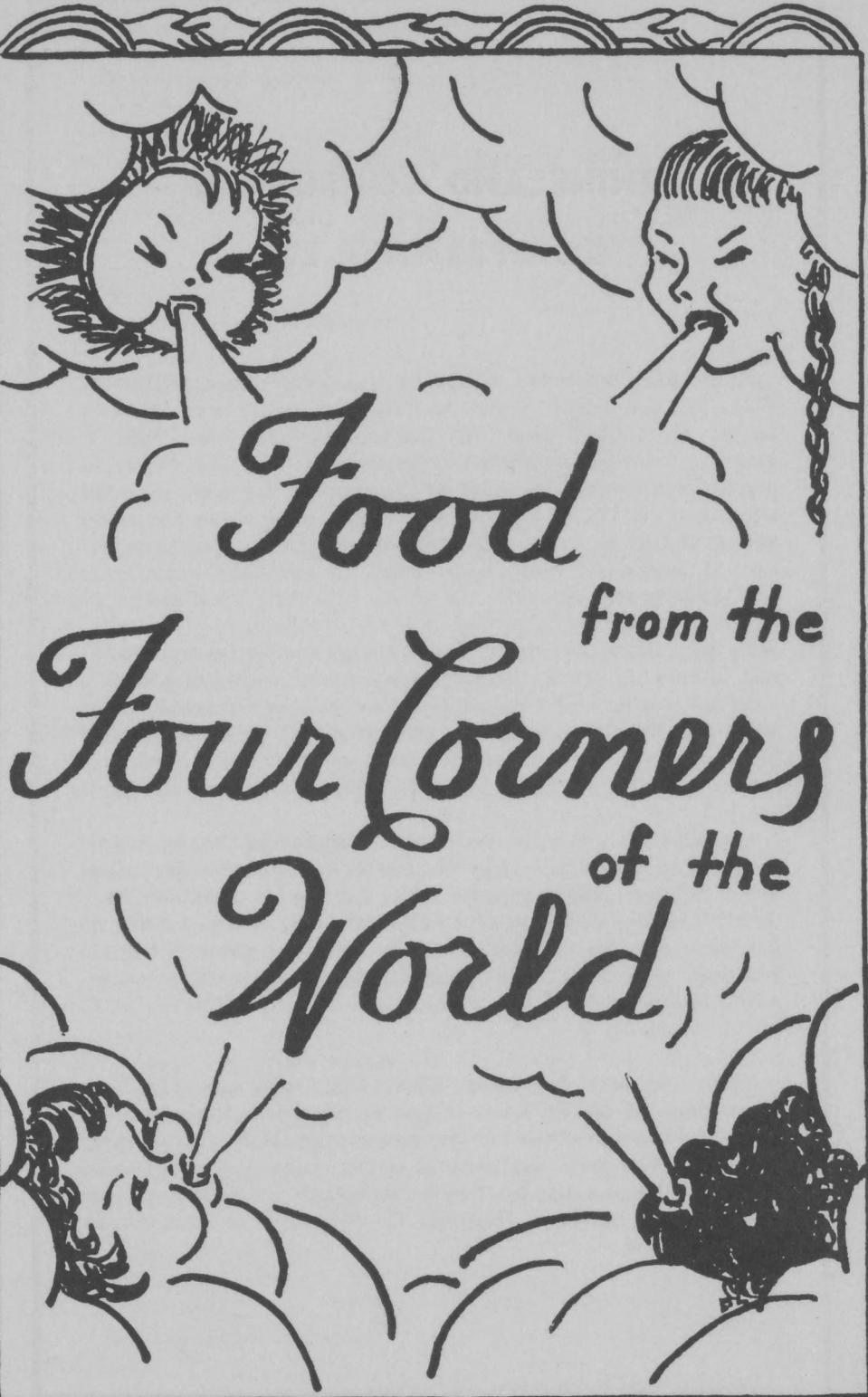
Business commenced in 1940 but after only two months of operation, the building was destroyed by fire. A tremendous loss was suffered and there was only \$62.00 remaining towards a resumption of operations.

Fifty dollars of this was utilized as rent on another building and \$500.00 credit obtained from a Winnipeg wholesale firm, made it possible to start again. With the loyal support of the original membership and with interest in the project spreading rapidly, a remarkable recovery was made.

Progress in the intervening years made it necessary to purchase a building in 1942 and, in the interval, improvements have been made to meet the needs created by ever-increasing sales.

Assets to date amount to \$27,870.45; membership stands at 309; and this membership has realized \$12,442.84 in patronage dividends.

USE CO-OP APPLE JUICE



Food
from the
Four Corners
of the
World

RHINELAND CONSUMERS CO-OPERATIVE LTD.

Rhineland Consumers Co-op. Ltd., Altona, was organized in 1931. In the initial drive for membership, members were signed up at \$10 each. Of this money \$300 was used to make a down payment on the purchase of Farmers Oil Company, an oil business owned by a group of farmers, with the balance of \$2,771 to be paid off at the rate of 1c for every gallon of fuel sold. Working capital was limited and directors had to personally back bank loans to purchase supplies in the early years. By 1935 the plant was fully paid for.

In July, 1936, fire destroyed the entire plant, except drums and a half-ton truck, but an arrangement was made with a local oil dealer and deliveries continued uninterrupted. Plans were immediately laid for a new plant at a more suitable location and in October of the same year the new plant came into operation.

Development has been continuous. Membership has increased to 907 and sales have passed the three million dollar mark since business was begun in 1931. Savings to members have nearly reached a quarter of a million dollars, of which \$130,000 has been paid to members in cash. Of these savings \$93,455 has been earned by patronizing Manitoba Co-operative Wholesale Limited and of this \$45,120 has been received in cash by the local.

From the very beginning, Rhineland Consumers has been more than an oil business. It has continuously taken a keen interest in the welfare of the community. It has generously supported the local agricultural society and the educational organizations set up by the co-operatives of the area, the Federation of Southern Manitoba Co-operatives and the Altona Co-op Council.

CABBAGE BORSCHT (Mennonite Soup)

Boil together for at least 1½ hours

2 lb. soup bone

2 qts. cold water

Add

2 carrots, cut (optional)

1 medium head cabbage, chopped fine

2 large potatoes, cubed

1 medium onion, minced

1 tsp. salt

1 star aniseed

12 allspice

1½ tbsps. green parsley

dash pepper

Cook until all vegetables are cooked, then add

1 to 1½ cups tomatoes

Bring just to the boil. Before serving add

½ cup heavy cream or evaporated milk

Irene Rempel, Lowe Farm

SUMMER BORSCHT (Mennonite Soup)

Mix together

2 qts. soup stock, made from ham bone

2 cups finely chopped beet or burdock leaves

½ cup chopped onion greens

1/3 cup dill greens

3 or 4 medium potatoes, diced

salt and pepper to taste

Boil until the vegetables are cooked.

Add

½ cup sweet cream

1 cup thick sour milk

Serve hot.

Leona Doerksen, Lowe Farm

SAUERKRAUT BORSCHT (Mennonite Soup)

Mix together

2 qts. salt pork stock

root parsley

pinch red pepper

1 onion, chopped

1 or 2 potatoes, diced

Boil until the potatoes are cooked.

Add

1 qt. sauerkraut

Boil for a half hour.

Add

1 cup sour cream

Serve hot.

Leona Doerksen, Lowe Farm

USE CO-OP EVAPORATED MILK

RUSSIAN SOUP

Boil (rather underboil than overboil)
4 cups diced potatoes

Remove about half, mash the other half and return to the broth.

Add and boil
1 cup shredded cabbage

Melt
1 tbsp. lard
1 tbsp. butter

Add and fry
 $\frac{1}{2}$ can tomatoes
1 cup shredded cabbage

Pour into broth and add potato cubes which were removed.

When almost cooked, add
dill
salt and pepper to taste

Before serving add cream, if desired.

Rose Trembach, Grandview

SOPA DE PAPAS (Potato Soup)

Fry in $\frac{1}{4}$ cup cooking oil
4 medium potatoes, peeled and cubed
 $\frac{1}{2}$ cup celery, cubed
 $\frac{1}{4}$ cup onion, minced

Let cook 5 minutes.

Add
1/2 cup tomato puree or fresh tomatoes, slightly
cooked and forced through a sieve

Add the mixture to
2 qts. vegetable or meat stock
or 2 qts. boiling water
and 2 cubes bouillon

Cook until potatoes are tender. Season to taste and serve with chopped parsley and grated cheese.

Yield: four generous servings.

Viola Andreas, Mexico City, Mexico

USE CO-OP TOMATOES

SAGO SOUP

To

2½ qts. boiling water

Add

1 cup sago
1½ cups sugar

Let cook for 10 minutes.

Add

½ cup raisins
1 cup prunes
2 sticks cinnamon

Boil 10 to 15 minutes or until prunes are cooked.

Remove from heat and add

¼ tsp. oil of lemon
1 cup fruit juice
a little wine (optional)

Serve hot.

Dorcas-Anne Kristjansson, Winnipeg

VERANEKY (Mennonite Dish)

Mix together

1 beaten egg
½ cup milk
¼ tsp. salt
flour to make a medium dough

Roll out the dough and cut into four-inch squares.

FILLING

Mix together

1 cup cottage cheese
1 tbsp. thick sour cream
1 egg, slightly beaten
salt and pepper

Place a teaspoon of cottage cheese filling onto each square, fold dough over filling and press edges firmly together. Moisten edges if dough is not sticky enough.

Drop into boiling whey or water and boil for 3 minutes. Drain. Serve with following gravy.

Fry until golden brown

2 tbsps. butter or margarine

Add

½ cup cream

Pour gravy over veraneky and serve.

Mary Dueck, Altona

USE CO-OP MARGARINE

MYSUOSTOR (Icelandic Whey Cheese)

Mix together and warm

2 gallons milk

1 tsp. liquid rennet

When set, break up curd and strain off. Boil whey down until there is about one pint left. (This takes nearly a whole day.) Strain.

Add

1 cup sugar

1 cup thick cream

or 4 tbsps. butter

Cook for a half hour. Beat thoroughly until cold (if it is not well beaten, it becomes coarse and sandy). It should be smooth and creamy and thick enough to spread on bread like jam.

Dorcas-Anne Kristjansson, Winnipeg

DANISH FRUIT FILLED SPARERIBS

Cover with water and soak overnight

1 cup prunes

Combine in a bowl

prunes, pitted and chopped

4 apples, peeled, cored, cut into small pieces

1 cup pineapple, cut into small pieces

Sift over fruit

2 tbsps. flour

2 tbsps. sugar

1/2 tsp. cinnamon

Place in a shallow pan

1 strip spareribs (about 1 3/4 lbs.)

Season with half of

1 1/4 tsp. salt

pepper

Spread the mixed fruit over the ribs and cover with

1 strip spareribs

Tie with a cord. Season again with other half of salt and pepper.

Sprinkle with

1 tbsp. flour

Bake in a moderate oven 350° until golden brown, about 2 hours. Serve with a tossed salad and hot corn bread.

Velma Hanson, Flin Flon

USE CO-OP FLOUR

KEELKI (Mennonite Dish)

Combine

2 cups flour
1 tsp. salt
water to make a stiff dough

Roll out to half-inch thickness or thinner. Clip with scissors into boiling water, pieces about one inch long and a quarter inch thick. Cook about 5 minutes, drain and rinse quickly with cold water.

Fry

bacon or ham

Use the fat to fry until soft, not brown
sliced onions

Add

$\frac{1}{2}$ cup sour cream
salt and pepper to taste

Pour this over keelki and serve while hot.

Yield: three servings.

Helena Siemens, Altona

SLOVAK CABBAGE ROLLS

Boil until leaves are soft but not cooked
1 large head of cabbage

Fry in

2 tbsps. fat or lard
2 small onions, sliced

Combine

$1\frac{1}{2}$ lbs. ground pork
 $1\frac{1}{2}$ lbs. ground veal
2 cups scalded rice (parboiled)
salt and pepper to taste
cooked onions

Place by large spoonfuls into cabbage leaves and roll tight.

Place in a roaster, cover with

1 cup water
2 cans tomato soup

Cook for 2 hours in a slow oven (covered).

Anna Hudak, Flin Flon

USE CO-OP TOMATO SOUP

HUEVOS A LA MEXICANA (Eggs-Mexican Style)

Heat in a skillet

$\frac{1}{4}$ cup cooking oil or drippings

Add and cook over low heat until tender

1 medium onion, minced

2 good sized tomatoes, chopped

(Halve them crosswise and remove all seeds and liquid and then chop)

Add

5 eggs, unbeaten

When whites begin to set, scramble the whole mixture and cover the skillet. If using a heavy cast iron skillet, the flame may be turned off, and the eggs cooked by the heat of the skillet.

Mexicans eat this dish with chilies. We, however, prefer it on toast. It is usually considered a supper dish.

Serves four.

Viola Andreas, Mexico City, Mexico

ARROZ A LA MEXICANA (Mexican Rice)

Soak for 10 minutes in water heated to boiling

$\frac{1}{2}$ cup rice

Strain and rinse with plenty of cold water. Drain, then spread on a towel or absorbent paper to dry for about 1 hour.

Heat in a skillet

$\frac{1}{4}$ cup cooking oil

Add, stirring constantly
prepared rice

Add

1 medium onion, chopped

3 medium tomatoes, chopped

1 cup fresh peas

Let cook for a few minutes.

Add

liquid to cover (preferably vegetable stock)

bouillon cube (optional)

Let cook until rice and vegetables are tender, adding more liquid if necessary.

This is almost a daily must on the Mexican dinner. The above recipe is inexpensive, if the housewife wants a more filling rice dish and can afford it, she will get a pork cut (boneless) cube it and brown it before the rice and add it.

Viola Andreas, Mexico City, Mexico

USE CO-OP SALAD and COOKING OIL

RUSSIAN MEAT BALLS

Discard crusts from
1/4 loaf bread

Cover with
milk

Let stand 15 minutes.

Squeeze out the extra milk from the bread and mix the moist bread with

1/2 lb. ground beef or veal
salt and pepper to taste
nutmeg

Form into round cakes and fry in
2 tbsps. butter

with

2 onions, sliced thinly

When onions and meatballs are well browned, add
3/4 cup sour cream

Let bubble up once or twice and serve with the sauce poured over the meat balls. (If sour cream is not available, add 1 tbsp. lemon juice to 3/4 cup sweet cream.)

Rose Trembach, Grandview

CHINESE SPARERIBS WITH SWEET SOUR SAUCE

Cook in a heavy pot for about 40 minutes

1 1/2 lbs. spareribs, cut into 2-inch pieces
1 1/2 cups water

When meat is tender, lift out spareribs, saving the broth.
Fry spareribs until brown in

2 tbsps. salad oil or other fat

Put aside to keep warm.

Saute in the same fat for 2 or 3 minutes

1 onion, sliced
1 carrot, thinly sliced

Mix together

1/2 cup sugar
1/4 cup soya sauce
3/4 cup vinegar
1 tbsp. cornstarch

Add to the vegetables and bring to a boil.

Add

1 small piece of ginger root, chopped
or
candied ginger (optional)

Drop in the cooked spareribs, add the broth, stir well and heat to piping hot. If the sauce is too thick add

1/2 cup hot water

Serve with rice, cooked so that each grain is whole and firm, yet tender.

Tina Rempel, Lowe Farm

USE CO-OP EVAPORATED MILK

SWEDISH MEAT BALLS

Mix together thoroughly

3 lbs. ground beef or beef and pork mixed
1 1/2 cups bread crumbs
3/4 cup milk
3/4 tsp. pepper
3 tbsps. salt
1/2 tsp. nutmeg
1/2 tsp. sage
1/2 tsp. allspice
3 tbsps. minced onion
3 tbsps. fat
4 eggs, beaten

Roll into small balls, flatten and fry in hot fat until brown.

Mary Thoren, Erickson

BEEF AND KIDNEY PIE (English)

Brown in a little melted fat

2 lbs. boneless chuck, cubed
1 beef kidney, cubed

Cover with

3 cups boiling water

Cook for 1 1/4 hours, then add

1 tsp. Worcestershire sauce
3 stalks celery, diced

or 1 tsp. celery salt

1 1/4 tsp. pepper
10 small white onions
3 medium carrots, diced (optional)
1 1/2 tbsps. salt

Simmer until vegetables are tender.

Mix together and add

3 tbsps. flour
cold water

Cook for a few minutes.

Pour into a casserole with an inverted pie cup. Cover with a crust of rich baking powder biscuit or plain pastry. Bake at 450° for 10 minutes. Then lower heat to 350° and cook for 25 minutes.

Serves six.

Helen Howe, Altona

USE CO-OP EVAPORATED MILK

EAST INDIAN CURRY

Heat to boiling

2 tbsps. fat (beef or bacon drippings)

Stir in and cook for 1 minute

3 tps. curry powder

Add and stir until cooked

2 medium onions, minced

Add

1 lb. cubed beef

or 1 lb. cubed mutton

or 1 lb. chicken, cut into serving pieces

or 1 lb. hamburger

Brown and then add

2 cups potatoes, cubed

Cover and cook until tender, adding near the end

1 tsp. salt

Serve hot with rice.

Helen Howe, Altona

YORKSHIRE PUDDING

Beat together just until smooth

1 cup sifted flour

1/2 tsp. salt

1 cup milk

2 eggs

Pour into a 8x12-inch baking pan containing a good amount of

sizzling hot drippings from roast beef

Bake at 425° until golden brown 35 to 45 minutes. Cut into squares and serve immediately with roast beef and gravy.

Yield: eight servings.

Florence Fehr, Altona

BUBBAT (Mennonite Chicken Dressing)

Sift together

2 cups sifted flour

3 tps. baking powder

1 tsp. salt

1/4 cup sugar

Make a well and add

2 eggs, beaten

1 cup thin cream

Mix well and add

1 cup raisins

Use as a filling for chicken or bake in a moderate oven for 20 minutes. If baked in a pan, cut one apple into small pieces and place on the top.

Marie Siemens, Altona

USE CO-OP FLOUR

✓ RULKUCHEN (Mennonite Fritter)

Sift together

2 cups sifted flour
2 tps. baking powder
1 tsp. salt

Make a well and pour in

2 beaten eggs
1 cup light cream

Mix enough to dampen all the flour.

Add and mix in

enough flour to make a soft dough

Roll out to about $\frac{1}{8}$ inch thickness. Cut into rectangles about 2x3 inches thick. Mark a slit in the centre with a sharp knife. Fry in deep fat or oil heated to 375°. Serve hot with watermelon, borsch or cold spread with jam.

Marie Siemens, Altona

BLINTZE (Russian Pancake)

Skim off top cream and scald

1 qt. milk

Allow to cool slightly and add

4 eggs, slightly beaten
1/2 tsp. baking soda

Sift together

1 1/2 cups sifted flour
1 1/2 tps. baking powder
3/4 tsp. salt

Beat slowly into the eggs with an egg beater with

2 tbsps. cream of wheat or wheatlets

Wipe out a skillet with grease and heat thoroughly. Pour about $\frac{1}{4}$ cup batter into the skillet and brown until bubbles appear on top. Scrape around sides with a table knife and fold over to make a half circle browned on both sides. Lift out of the pan. Wipe pan with grease before each new batter is added.

Combine

1/4 cup butter
top cream from quart of milk

Heat but do not bring to a boil.

When all the blintzes are cooked, dip each one into the cream and butter mixture, put on a platter and put in the oven to heat through. Serve very hot with honey, syrup or as desired.

Nena Woodward, Winnipeg

USE CO-OP WHEATLETS

SWEDISH COFFEE RING

Scald and cool to lukewarm

2 cups milk

Soften in $\frac{1}{4}$ cup lukewarm water

1 cake yeast

Add

2 tbsps. sugar

When dissolved add to the milk with

3 cups sifted flour

Add

3 eggs, well beaten

Beat well again and set aside to rise until doubled in bulk.

Remove seeds from

15 cardamon capsules

Pound very fine.

Cream together

$\frac{1}{2}$ cup butter
1 cup sugar, less 2 tbsps.

Add cardamon seeds and mix with sponge.

Sift together

3 $\frac{1}{2}$ cups sifted flour (or more)
 $\frac{1}{2}$ tsp. salt

Add to sponge and knead into soft dough. Let rise until doubled in bulk. Divide dough into three portions. Roll into long strips and braid. Shape braided dough into a ring. Let rise until doubled in bulk, then bake at 375° for 35 minutes or until done. When cool, brush with a thin glaze made of strong coffee and sugar boiled to a syrup, sprinkle with sugar. For special occasions, the ring may be garnished with candied cherries and other fruits.

Eliina Welsh, Flin Flon

USE CO-OP FLOUR

UKRAINIAN EASTER BREAD

Sprinkle over $\frac{1}{2}$ cup lukewarm water

2 pkgs. dry yeast

Combine

**5 cups scalded milk
1/2 cup sugar
1 tsp. salt
1/2 cup shortening
1 1/2 cups currants**

Cool to lukewarm and beat in

**3 1/2 cups rolled oats
3 1/2 cups flour
dissolved yeast
2 eggs, beaten**

Beat well and add

3 1/2 cups flour (about)

to make a soft dough.

Turn onto a floured board and knead until smooth. Place in a greased bowl, cover and let rise in a warm place for 2 hours. Punch down and let rise again. Punch down again and divide dough into three parts, round each part into a ball and let stand for 10 minutes. Flatten each ball of dough into a long rectangle and pat it to remove air bubbles.

Combine

**3 tsps. cinnamon
1/2 cup sugar**

Sprinkle half of this over each rectangle of dough. Roll up each part crosswise to form a loaf, seal edges and place each loaf in greased pan with the seam on the bottom. Let rise 1 hour. Bake at 350° from 40-50 minutes.

Doris Mackenzie, Minnedosa

USE CO-OP EVAPORATED MILK

PONNUKOKUR (Icelandic Pancakes)

Sift together

1 cup sifted flour
1/3 cup sugar
1/2 tsp. cinnamon
1/4 tsp. salt
1/4 tsp. baking powder

Gradually stir in until smooth

1 cup milk

Add

2 eggs, well beaten
1 egg yolk
vanilla

Rub a fairly heavy griddle pan with butter. Lift pan off heat and pour in about 1/5 of the batter. Tip pan until the entire bottom is covered. Quickly return it to the heat, bake, turn and bake the other side. Sprinkle with sugar and roll up. Whipped cream and a dash of grape jelly may also be used as filling.

Dorcas-Anne Kristjansson, Winnipeg

PORTZELKY (Mennonite New Year's Cookie)

Dissolve in 1/2 cup lukewarm water

1 tsp. sugar

Sprinkle over this

1 pkg. dry yeast

Combine

1/2 cup milk
1/2 cup water
1/2 tbsps. salt
1 tbsps. sugar
2 tbsps. baking powder
1/2 lb. raisins

1/3 lb. prunes, pitted and cut into small pieces

Beat in

2 egg yolks, beaten
dissolved yeast

Stir in

about 3 cups flour, to make a very heavy batter

Finally, fold in

3 stiffly beaten egg whites

Put in a greased bowl and let rise until doubled in bulk. Drop by spoonfuls into heated deep fat or oil, fry until browned, turn and fry until brown all over. Serve hot.

When cold, they may be heated by putting in a heavy covered pan with a little water and steamed until soft and fresh.

Marie Siemens, Altona

USE CO-OP VANILLA

DANISH CHOCOLATE CAKE

Mix together well

1 cup sugar

3 tbsps. cocoa

1/4 cup melted shortening

Beat in

1 egg

Mix together

3/4 cup sour milk

1 tsp. baking soda

Sift together

1 1/2 cups sifted pastry flour

3/4 tsp. salt

1 tsp. baking powder

Add milk and flour alternately to first mixture.

Finally add

1 tsp. vanilla

1/2 cup boiling water

Batter is very thin.

Bake in a moderate oven for 30 minutes.

Margaret Hartman, Flin Flon

ALTONA CO-OP. SERVICE LTD.

Altona Co-op Service Ltd. was organized in 1937 with ten members, \$50.00 share capital and a loan of \$600. The very limited shelf space in the rented store was rather bare. Business was done largely by special orders. In two years, membership and business volume increased to such an extent that the premises were inadequate.

In 1939 the Co-op purchased the stock in one of the larger dry good stores in Altona and one year later purchased the store building. The enthusiasm of membership and management was such that in 1941 a new Grocery Department was added; and in 1949 further expansion included a Hardware section, Home Furnishings, Locker Plant and Warehouse. This capital expansion in 1949 was financed largely by the sale of five per cent debentures which are being repaid at the rate of \$8,000 a year, leaving just over \$54,000 indebtedness by the end of 1953.

A total cash investment in share capital of less than \$1,000 has grown into assets of \$260,000 and refunded patronage loans of over \$60,000 in cash, increasing the buying power of the membership.

While enjoying these financial benefits, the co-operative has demonstrated a type of economic organization which recognizes the sanctity and dignity of the individual and the brotherhood of man.

USE CO-OP EVAPORATED MILK

STANDARD OAT CAKES (Scottish)

Cream

4 tbsps. shortening, half butter

Mix in

4 cups medium oatmeal (Scotch type)

3/4 tsp. soda

pinch of salt

Add

milk to make medium stiff dough

Roll out on a floured board, cut into squares and brown in a hot oven.

Mrs. Angus MacDonald, of Nova Scotia, served these to the present Queen when she was a guest in Halifax.

May MacLeod, Winnipeg

VINATARTA (Icelandic Cake)

Cream

1/2 cup butter

Gradually cream in

1 1/4 cups sugar

Add, one at a time

2 eggs

Sift together

3 cups sifted flour (or more)

3 tps. baking powder

pinch of salt

Add alternately with

1/2 cup milk

1 tsp. vanilla

This should be like a soft cookie dough. Divide into six parts, roll out and cut with a 9-inch plate. Bake in a moderate oven until golden brown.

FILLING

Boil until soft

2 lbs. prunes

2 cups water

Remove pits and put through a meat grinder.

Add

2 1/2 cups sugar

1 tsp. cardamon seeds, ground fine

Boil together until sugar dissolves. Spread between layers of cake.

Margaret Johnson, Baldur

USE CO-OP VANILLA

GROAT CAKES (Scottish Biscuit)

Sift together

1 cup sifted flour
1 tsp. baking powder
1 tsp. granulated sugar
1/2 tsp. salt

Cut in

1 1/2 tsps. butter

Add

1/2 cup groats
1/2 cup milk (scant)

Roll **very** thin on a floured board. Cut into squares with a sharp knife and bake in a 375° oven for 10 minutes.

Janet Leckie, Winnipeg

MEXICAN WEDDING CAKE

Cream together

1/2 lb. butter
5 tbsps. icing sugar

Add

2 cups sifted flour
1/2 tsp. salt

Knead on a board with

1 cup chopped pecans
1 tsp. vanilla

Divide mixture into rolls about 1x10 inches long.

Chill about half hour. Cut into slices about 3/4-inch thick and bake 20 minutes at 350°. As soon as taken from the oven roll in icing sugar.

Janet Leckie, Winnipeg

USE CO-OP FLOUR


A for Candy,
with
Imperial flavor of
Apple,
Butter, fudge and
fondant,
Butter, raisins or
rice;
your favorite
confection
you'll find in this
selection.

ELM CREEK CO-OPERATIVE OIL and SUPPLIES LIMITED

Twenty-five years ago a group of farmers in the Elm Creek district decided to purchase farm supplies co-operatively and to establish a place of business in order to realize greater savings. This was the beginning of the Elm Creek Co-operative Oil and Supplies Limited which was granted a charter on April 6, 1928.

The group began operations in a very small way. There were thirty-five members; the initial capital was \$485 and business was carried on from a small garage. The early years, as elsewhere, presented many difficulties.

Financing during the depression years was not easy and because a "cash trading" policy was imperative, many were unable to support the young Co-op. A serious loss was incurred one Hallowe'en night when a falling gasoline drum broke the pipeline between the storage tank and the pumphouse. However, progress has been made and today, the Co-op's place of business, purchased in 1944, has been considerably enlarged and improved. A particular feature is the board room, which is available to local groups for meetings. Buildings and equipment are now valued at \$30,000.

The Association joined Manitoba Co-operative Wholesale Limited in 1942 and since then, has saved its members almost \$15,000 through co-operative buying.

The year 1952 brought the Association two causes for congratulation. Sales reached an all-time high and the Association was awarded the Chown Shield for outstanding achievement in consumer co-operation. Built soundly on strong co-operative principles, the Co-operative's membership may well be proud of its achievement.

CHOCOLATE CONFECTION

Mix together to form a stiff dough

2 cups icing sugar

4 tbsps. cocoa

3 tbsps. evaporated milk or coffee cream

1 tsp. flavoring

1 tbsp. melted butter

Roll on a sugared board to form a log, roll in cocoanut or chopped walnuts. Chill until firm and then slice.

Florence Fehr, Altona

MARSHMALLOW TREATS

Mix together

25 marshmallows, cut into small pieces

1 cup icing sugar

1 cup chopped nuts

2 tbsps. cocoa

1 tsp. vanilla

Form into a roll and roll in cocoanut

Place in the freezer or the refrigerator to set and slice thinly.

Tina Rempel, Lowe Farm

PERFECTION CANDY

Boil to the soft ball stage

3 cups brown sugar

1/2 cup strong coffee

1/2 cup thick cream

1/4 tsp. salt

Remove from the heat and leave until lukewarm.

Add

1 tsp. maple flavoring

1 cup chopped nuts

Beat until thick.

Florence Endall, Minnedosa

MAPLE CREAM

Mix together and boil without stirring to the hard ball stage, about 10 minutes

3 cups brown sugar

1/2 cup cream or top milk

2 tbsps. butter

Add

1 tsp. vanilla

1/2 cup chopped nuts

Beat until stiff, pour into a greased pan 8x8 inches.

Tina Derksen, Lowe Farm

USE CO-OP COFFEE

COCOANUT FUDGE

Boil together until a drop forms a firm ball in cold water

3 cups brown sugar
 $\frac{1}{4}$ tsp. cream of tartar
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup evaporated milk

Cool, then beat until creamy.

Add

$\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ cup shredded cocoanut

Pour into a greased pan to set.

Emma Taylor, Minnedosa

CHOCOLATE FUDGE

Mix together

1 cup white sugar
1 cup brown sugar
 $\frac{1}{4}$ cup corn syrup
 $\frac{1}{2}$ cup milk
2 squares chocolate, chopped
pinch of salt

Heat to boiling and add

4 tbsps. butter

Boil to soft ball stage, remove from heat and add

$\frac{1}{2}$ cup nuts
1 tsp. vanilla

Beat until thick and dull. Pour quickly into an oiled pan.

Alfreda Reed, Minnedosa

DOUBLE FUDGE

Mix together and boil until it threads when tested

2 cups brown sugar
 $\frac{1}{2}$ cup cream

Beat until thick, and add

$\frac{1}{2}$ cup walnuts

Pour into a well buttered pan.

Mix together and boil until it threads when tested

2 cups white sugar
2 squares unsweetened chocolate
 $\frac{1}{2}$ cup cream

Beat until thick and pour over other layer of fudge in pan.

Maude Sisson, Elm Creek

USE CO-OP WALNUTS

PEANUT BRITTLE

Shell, remove skin and chop or leave whole

1½ cups peanuts

Melt in a greased frying pan (do not caramelize)

1 cup sugar

Add

½ tsp. soda

Pour mixture over nuts on a platter, mark into squares before it hardens. Break when hard.

May Kydd, Grandview

PULL TOFFEE

Mix together and cook until it forms a very hard ball in cold water

2 cups sugar

1 cup corn syrup

½ tsp. salt

¼ cup vinegar

¾ cup water

¼ tsp. cream of tartar

Add

1 tbsp. butter

vanilla

Place in a pan of cool water and when it is firm enough to handle add

at least one child with well buttered hands

Take about $\frac{1}{2}$ cupful of the mixture at a time and pull between the hands and bring back together until the toffee starts to turn clear. Pull into a rope or desired thickness, twist and allow to set. Break into pieces when hard.

Florence Fehr, Altona

BUTTERSCOTCH

Boil until it forms a very hard ball in cold water

2 cups white sugar

½ cup brown sugar

1 cup butter

1 tbsp. vinegar

4 tbsps. boiling water

½ tsp. salt

Pour into a greased pan and break when set.

Florence Endall, Minnedosa

USE CO-OP VANILLA

CHOCOLATE BUDS

Mix together in a heavy saucepan

2 cups white sugar
2 cups brown sugar
 $\frac{1}{4}$ cup corn syrup
 $\frac{1}{2}$ tsp. salt
1 tsp. flour
 $\frac{3}{4}$ cup sour cream

Cook over medium heat about 25 minutes or until a firm ball is formed when dropped into cold water. Let partially cool.

Beat in

2 squares chocolate, melted

Drop from a teaspoon on waxed paper. (If candy hardens too quickly, soften by placing in a bowl of hot water.)

Gladys Proven, Minnedosa

POTATO CANDY

Mix together

$\frac{1}{4}$ cup hot mashed potatoes
1 tsp. melted butter

Gradually beat in

$1\frac{3}{4}$ cups sifted icing sugar

Add

$1\frac{1}{2}$ cups cocoanut, dessicated
salt
 $1\frac{1}{2}$ tsps. vanilla
 $\frac{1}{2}$ tsp. almond extract
5 drops green coloring

Roll into balls.

Ellinor Schultz, Grandview

COCOA COCOANUT CANDIES

Put into a small saucepan

2 tbsps. butter
4 tbsps. cocoa
pinch of salt

Add slowly

4 tbsps. boiling water

Stir until well mixed. Place over very low heat and cook, stirring for about 1 minute.

Pour into a bowl, and add

$\frac{1}{3}$ cup chopped nuts
1 tsp. vanilla

Stir in gradually

3 cups icing sugar

Roll into small balls, keeping it from sticking by dusting the hands with icing sugar.

Roll some of the balls in shredded cocoanut and decorate others with whole pecans or blanched almonds. Allow to set on a buttered baking sheet.

Jean Bohdanovich, Grandview

USE CO-OP WALNUTS

DATE ROLL

Boil together until a drop forms a soft ball in cold water

2 cups white sugar

4 tbsps. butter

3/4 cup milk

Add

1 cup chopped dates

Boil until the mixture seems to leave the sides of the pan while stirring.

Remove from the heat and add

1/2 cup chopped walnuts

1 tsp. vanilla

Beat until stiff. Divide into four portions and roll to desired size in a damp cloth and slice when cold, or spread in a pan and cut into squares when cold.

Harriet Lee, Erickson

CHRISTMAS PUDDING CANDY

Cook to soft ball stage

3 cups sugar

1 cup light cream

1 tbsp. butter

Add

1 tsp. vanilla

Beat until creamy.

Beat in

1 lb. dates

1 lb. figs

1 lb. raisins

1 lb. cocoanut

1 or 2 cups nuts

When well mixed, roll as for meat loaf. Wrap in dampened cloth, then in waxed paper and put away to ripen. Make at least two weeks before you wish to use it. When wanted, slice in squares and oblongs.

Marie Siemens, Altona

POP CORN BALLS

Cook until a soft ball is formed in cold water

1 cup sugar

1/2 cup water

2 tbsps. corn syrup

Add

1 tsp. vanilla

1/2 tsp. soda

Pour this mixture over

3 qts. popped corn

Add

1 tbsp. melted butter

Stir quickly and roll into balls with greased hands.

Tina Rempel, Lowe Farm

USE CO-OP EVAPORATED MILK

**1/2 Million Canadians + 1 Billion \$
+ An Ideal
= CO-OPERATIVE UNION OF CANADA**

Over half a million Canadians belong to co-ops. They do over \$1,000,000,000 of business through their own organizations each year.

Co-operators know that the dollar is not the master but only a servant, not the end but only a means. So they join together in the Co-operative Union of Canada to further the ideal of a co-operative society.

CUC—Co-operative Union of Canada—is a federation of the provincial co-op unions in nine of Canada's ten provinces. Le Conseil Canadien de la Cooperation in Quebec works closely with the CUC. In Manitoba, the co-op union section is the MFAC.

The CUC is a member of the International Co-operative Alliance. Therefore, Canada's pyramid of co-op organizations is complete. Individual co-operators—local co-ops—provincial co-ops—provincial co-op unions—CUC—ICA.

What does the CUC do?

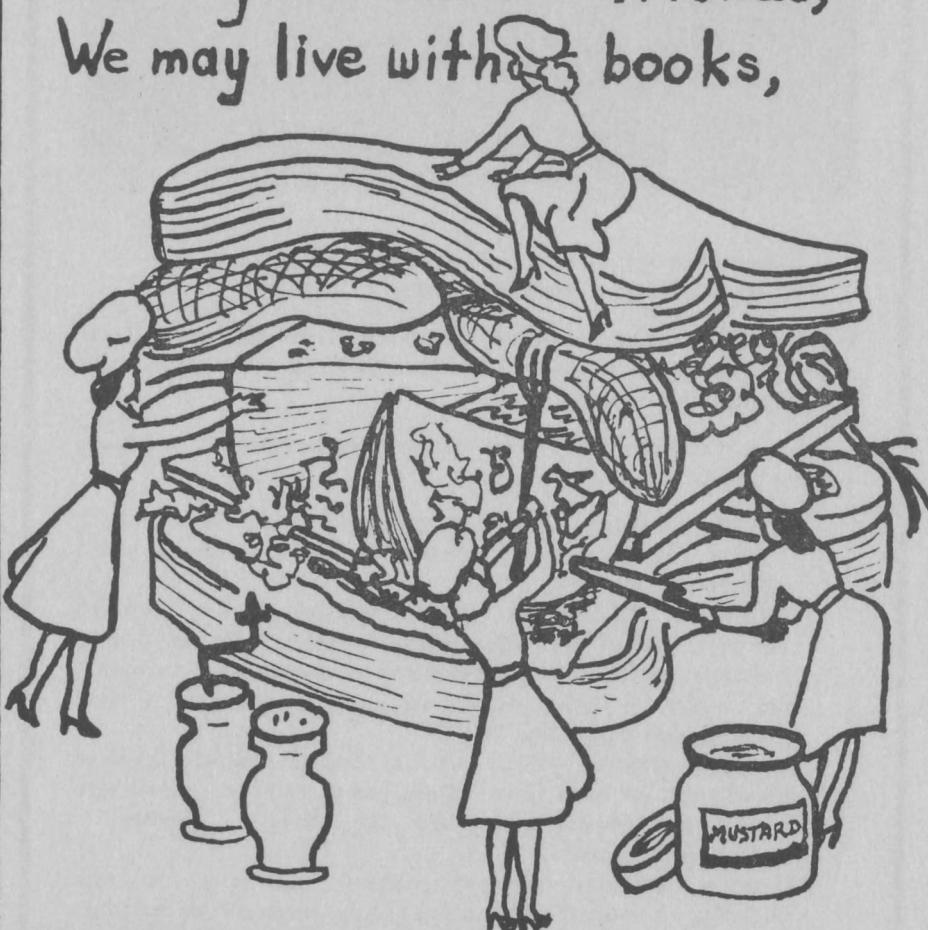
- Helps to develop national co-op projects, such as the National Co-operative Credit Society and the Co-operative Development Foundation.
- Represents the co-op movement before the national government and keeps an eye on all legislation affecting co-ops.
- Represents Canadian co-operators in world gatherings.
- Helps Canadian co-operators keep informed of co-op activity across the country.
- Develops national co-op research projects.
- Does public relations work with the press and with other national organizations.

The CUC was formed in 1909 and was re-organized in its present form in 1945. It is working to give Canada a better today and a happier tomorrow through co-operative effort.

Co-operative Union of Canada

193 Sparks Street
Ottawa 4

“We may live without poetry, music+art,
We may live without conscience,
We may live without heart,
We may live without friends,
We may live with books,



But civilized man cannot live
without cooks!” — Lord Lytton

NORTH OF 53 CONSUMERS CO-OPERATIVE LIMITED



"There are strange things done in the midnight sun
By the men who moil for gold—"

But none stranger or more satisfying than organizing their fellow-workers to co-operate in the business of feeding and clothing their families.

It is a thrilling story with many chapters—truly a "Saga of the North."

Opening Chapter—1946 mining town "north of beyond"; Grocery prices sky-high; What to do? A Co-op could solve the problem!

Heartache Chapter—A dozen North of 53 pioneers tramping the rocky paths, house to house canvass, Union meetings, lectures, negotiations with the mining company, long hours of book work. At last, a Charter, a new building and "Opening Day!"

Headache Chapter—First year a surplus possible because prices high all over town. Then prices fall—all consumers benefit but harder times for the Co-op. Trouble — trouble — trouble —

Today's Chapter—2,000 members, business volume \$925,000; a department store with modern equipment; a competent co-operative staff.

Future Installments—Continued expansion 1954-1955-1956 . . . and we hope a source of inspiration and encouragement to co-operators in other urban areas.

LEMON REFRESHER

Mix together in a large pot
juice of 6 lemons
rind of 6 lemons, chopped fine
2 ounces epsom salts
1 ounce tartaric acid
1 ounce citric acid
6 cups boiling water

Cover and let stand overnight. Strain well and bottle.
Store in a cool, dry place. Use 2 tbsps. syrup to a glass
of very cold water.

Yield: 50 to 60 glasses.

Minnie Isaacs, Winnipeg

THREE FRUIT PUNCH

To 3½ cups hot, strong tea, strained

Add

1 cup sugar

Stir until dissolved, cool and place in refrigerator to chill.
Combine

2 cups orange juice

1 cup lemon juice

2½ cups pineapple juice

Chill. When ready to serve, combine fruit juices and tea
and add

1 qt. gingerale

Pour over ice in tall glasses. Add a cherry to each glass
and float a thin slice or orange on the surface of each.

Yield: 12 glasses.

Minnie Isaacs, Winnipeg

HOT TOMATO JUICE COCKTAIL

Combine

3 cups tomato juice

2 tbsps. sugar

½ tsp. salt

1 clove garlic, crushed

1 tbsp. Worcestershire sauce

2 dashes tabasco sauce

½ cup or less juice from dill pickles

Bring to a boil and pour into bouillon cups.

Garnish each cup with some of a mixture of

½ cup whipping cream, whipped

1 tbsp. horseradish

Serve with crackers spread with mashed blue cheese mixed
with poppy seeds.

Serves six.

Marie Siemens, Altona

USE CO-OP TEA

RUSSIAN CHOCOLATE

Mix together and cook for about 3 minutes

2 squares grated chocolate
1/2 cup sugar
pinch of salt
1 cup boiling water

Add

4 cups rich milk

Beat with a rotary beater until the mixture is thick and foamy.

Stir in

4 cups strong hot coffee
1 tsp. vanilla

Serve in cups topped with whipped cream.

Gladys Harder, Lowe Farm

MAKE YOUR OWN MIX

Sift together into a large bowl

9 cups sifted all-purpose flour
1/4 cup double acting baking powder
1 tbsp. salt

Add

2 cups shortening

Blend until the mixture resembles coarse cornmeal. Store in a closed container. Refrigeration is not necessary.

MINUTE MUFFINS

Blend

3 cups mix (do not pack)
3 tbsps. sugar

Combine and add to the mix

1 cup milk
1 egg, beaten

Stir quickly until just mixed. Batter will look lumpy. Fill muffin pans half full. Bake in a hot oven 425° for 20 minutes.

BAKING POWDER BISCUITS

Make a well in

3 cups mix

Add

3/4 cup milk

Stir with a fork. Turn out and knead six times. Pat to half-inch thickness. Bake in a 450° oven for about 15 minutes.

USE CO-OP FLOUR

PASTRY

Heat together until blended

$\frac{1}{4}$ cup hot water

$\frac{1}{4}$ cup butter

Sprinkle over

2 cups mix

Blend with a fork. Turn onto paper, shape into a ball and chill at least 30 minutes before using.

CHOCOLATE CAKE

Blend

2 cups mix

$\frac{3}{4}$ cup sugar

$\frac{1}{4}$ tsp. soda

Add and beat in well

$\frac{1}{2}$ cup sour milk

$\frac{1}{2}$ tsp. vanilla

Stir in

1 $\frac{1}{2}$ squares chocolate, melted

Add and blend in

1 egg, well beaten

Pour into a buttered cake tin and bake in a moderate oven.

GINGERBREAD

Blend

2 cups mix

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ tsp. soda

$\frac{1}{4}$ tsp. nutmeg

$\frac{1}{2}$ tsp. cloves

1 tsp. ginger

1 tsp. cinnamon

Add

$\frac{1}{2}$ cup sour milk

$\frac{1}{2}$ cup dark molasses

1 egg

Beat well. Bake in a moderate oven for 40 minutes.

PANCAKES

Blend

1 $\frac{1}{2}$ cups mix

1 tbsp. sugar

Stir in until blended

$\frac{3}{4}$ cup milk

1 egg, well beaten

Drop by spoonfuls onto a hot greased skillet, fry until bubbles appear, turn and fry until golden brown. Serve immediately.

Ida Wilson, Minnedosa

USE CO-OP VANILLA

FINGER PAINT

Mix together to form a creamy paste

1½ cups laundry starch
cold water

Add

1 qt. boiling water

Cook until mixture becomes transparent or glassy looking.

Stir constantly.

Add

½ cup talcum (optional)

Let mixture cool a bit, then add

1½ cups soap flakes

Stir until evenly distributed. Let cool and pour into eight jars with screw tops. Stir into each jar

½ tbsp. poster, powder or easel paint of desired color

White oilcloth squares tacked on a table make excellent surfaces on which children may experiment with finger paint. These can be washed and reused. If paper is used, a commercial finger paint paper or one with a high gloss and non-absorbent surface must be utilized if the painting is to be kept. Glazed shelf paper is very good.

Altona

USE CO-OP SOAP

Herbs

USE THEM FOR FLAVOR

To use herbs, use small amounts to give interesting flavor, not enough to dominate the dish. A pinch of dried herbs may be added to hot dishes at any time. Fresh herbs should be added near the end of the cooking time, for when overcooked, fresh herbs often become bitter. Herbs should be added to cold dishes well ahead of serving, for the flavor develops slowly.

BASIL—Use in salads, with tomatoes, peas, potatoes, eggs, beef, in bean soup and fish sauces.

CELERY LEAVES—Should be saved, washed, drained and spread on trays to dry. Use in soups, stews, stuffings and loaves.

CHIVES—Use in salads, cheese and egg dishes, with new potatoes, peas, in pea soup, stuffings and sauces.

MINT—Use in salads, slaw, fruit drinks, with carrots, new potatoes, peas, in pea soup, stuffings and sauces for lamb.

MINT VINEGAR—Bruise fresh mint leaves to fill a glass jar loosely. Fill jar with vinegar, cover and let stand two weeks. Drain and bottle.

MARJORAM—Use with meats, especially veal and chicken, with pork and lamb in soups, stuffings, with spinach, mushrooms, squash, tomatoes, cream cheese.

PARSLEY—Use in salads, sauces, soups, also use as a garnish.

ROSE GERANIUM—Use as scent in jelly (place leaf in jelly glass).

ROSEMARY—Use with all meats, especially lamb and veal. Put a pinch in salads, also sweet sauces.

SAGE—Use in stuffing, with pork, with onions, in cheese making.

SAVORY—Use in salads, with beans, peas, meat and as a garnish.

THYME—Use in stuffings, with beef and onion dishes, in mayonnaise, with peas, carrots and cheese.

TO SUIT THE MEAT, POULTRY OR GAME

Roast chicken—currant jelly.

Roast turkey—cranberry jelly.

Roast lamb—mint jelly.

Roast pork—cider jelly or grape jelly, apple jelly or apple sauce.

Baked ham—pepper relish, raisin sauce.

Filet mignon—spiced cranberry jam.

Broiled lamb chops—currant jelly, mint jelly.

Roast goose—apple jelly.

Roast duck—orange jelly, pincherry jelly.

Broiled squab—currant jelly.

Cold tongue—pepper relish, tomato aspic jelly.

KITCHEN PRAYER

Lord of all pots and pans and things, since I've no time to be
A Saint by doing lovely things, or watching late with Thee,
Or dreaming in the dawnlight, or storming Heaven's gates,
Make me a Saint by getting meals, and washing up the
plates.

Although I must have Martha's hands, I have a Mary mind;
And when I black the boots and shoes, Thy sandals, Lord,
I find.

I think of how they trod the earth, what time I scrub the floor;
Accept this meditation, Lord, I haven't time for more.

Warm all the kitchen with Thy love, and light it with Thy
peace;
Forgive me all my worrying, and make all grumbling cease.
Thou didst love to give men food, in room, or by the sea,
Accept this service that I do—I do it unto Thee.

—Anon

ROCHDALE
CO-OPERATIVE
PRINCIPLES

1. Democratic control — one member, one vote.
2. Open membership — all may join.
3. Savings returned to members according to amount of purchases.
4. Cash trading.
5. Neutrality in religion and politics.
6. Continuous expansion.
7. Constant education.

